

Thursday, September 6, 2018

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Three sites identified for a new hospital to serve town

51,000 new area homes will create demand

- Gilston and land between M11 and Sheering Road now possible sites
- Third option for totally new complex to be built on existing PAH grounds
- £150m needed for current buildings to achieve modern health standards

FULL STORY: **Page 10**  ONLINE: visit essexlive.news/harlow**GRANDMOTHER HAILED A 'MIRACLE' AFTER SURVIVING A COMA AND LIVER FAILURE**FULL STORY: **PAGE 3**

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BRIEFING

in this week's paper...



The shop that sells the perfect dress

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PICK UP POINTS

■ Harvey Centre, Harlow (management suite)	■ Guardian, Post Office Walk, Harlow
■ Mulberry Green Estate, Station Road, Old Harlow	■ Haart, 4 West Gate, Harlow
■ Genesis, 3 High Street, Old Harlow	■ Future Let, 52 Market Street, Old Harlow
■ Kings, Unit 4, Church Langley Way, Harlow	■ Reyland Johnson, 1 Acorn Mews, Harlow
■ Kings, 19 East Gate, Harlow	■ Howick & Brooker, 1 High Street, Old Harlow
■ Geoffrey Matthews, 47 High Street, Old Harlow	■ Belvoir, 40 High Street, Old Harlow

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If we have published anything that is factually inaccurate, please contact the Editor, Alan Woods on 01245 602730, via email at alan.woods@reachplc.com or post to: The Editor, Harlow Star, Kestrel House, Hedgerows Business Park, Chelmsford, Essex, CM2 5PF, and, once verified, we will correct it as soon as possible.

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WHAT'S ON NEAR YOU



Enjoy An Evening with Val McDermid in Saffron Hall

GREAT SCOTT!

THE RONNIE SCOTT'S ALL STARS: HARLOW PLAYHOUSE, PLAYHOUSE SQUARE, FRIDAY, SEPTEMBER 7, 7.30PM Direct from London's world-famous jazz club and combining world-class live jazz, narration and rare archive images and footage, The Ronnie Scott's All Stars take to the stage to celebrate The Ronnie Scott's Soho Songbook which is a glimpse into this unique world and incredible history.

Since its humble beginnings as a basement music bar where musicians would jam, through to the internationally acclaimed music venue it is today, Ronnie Scott's Jazz Club has showcased the music of some of the world's greatest and most influential artists. It has hosted landmark performances from the likes of Nina Simone, Ella Fitzgerald, Miles Davis, Dave Brubeck and Michael Bublé - and not forgetting surprise appearances by the likes of Jamie Cullum, Stevie Wonder and Prince.

Hosted and performed by the award-winning Ronnie Scott's All Stars, led by the club's musical director, this is a unique evening celebrating all there is to love about the beloved jazz club, a must for music fans.

Tickets £20. For more details visit: www.harlowplayhouse.co.uk

journalist, and worked briefly as a dramatist.

To date, she has published 27 novels, short stories, non-fiction and a prize-winning children's book. She is a regular broadcaster for BBC radio and lives in Edinburgh.

Tickets £12.50. For more details visit: www.saffronhall.com

GET QUIZZICAL

PUB QUIZ: SARACENS HEAD HOTEL, TOWN CENTRE, GREAT DUNMOW, TUESDAY, SEPTEMBER 11, 7.30PM

The Saracens Head will be hosting this pub quiz in order to raise vital funds for The Maddi Foundation.

The Foundation was set up by the family of local teenager Maddi Thurgood, when she was diagnosed with SPG15, a degenerative neuro-disease.

There is currently no cure or treatment for SPG15, and the Foundation aims to support medical research to help find a cure for this disease and other similar rare diseases, which currently receive very little funding.

All proceeds from the night will be going towards the Foundation. There will also be a charity raffle with local businesses including Scarlett and Stone and Smith & Co donating a host of wonderful prizes.

Val grew up in Fife, and read English at St Hilda's College, Oxford (where she is now an Honorary Fellow). She was the first ever student from a state school in Scotland.

Following graduation she became a



Classic cars will be on show at Audley End House and Gardens

Tickets £5. For more details visit: www.visitsaffronwalden.gov.uk

A JUGFUL OF JOY

FOBO JUG BAND: HARLOW CC, MARIGOLDS, CHIPPINGFIELD, OLD HARLOW, FRIDAY, SEPTEMBER 14, 7.30PM

Harpo (harmonica and washboard), Speed Dial Simmonds (guitar, vocals and kazoo) and Cripple Fingers (piano) make up The FoBo Jug Band, an acoustic trio stomping and hollering blues, country and ragtime classics of the prohibition era with the ability and love for the music they play. They are one of the most

impressive country blues and ragtime trios on the circuit. Their music is full of toe-tapping joy, with an authentic feel.

They have played, the London Jazz Festival, London Blues Fest, headlined the Blues Shakedown festival, the Ignite Series at the Royal Albert Hall and Wilton's Music Hall and have several residencies at some of London's finest music venues.

They like to holler and stomp at any opportunity, so if you want to stomp and holler until your feet drop don't miss what should be a great gig. Tickets £10.

For more details visit: www.musicatmarigolds.co.uk

DREAM MOTORS

CLASSIC CARS: AUDLEY END HOUSE AND GARDENS, AUDLEY END ROAD, SAFFRON WALDEN, SUNDAY, SEPTEMBER 9, 11AM - 5PM

Rev your engines and enjoy a charming collection of classic cars on display at Audley End House.

Admire the motors parked up on the lawn, with this decadent Jacobean mansion house as a backdrop. Discover what it takes to take care of your dream motor.

Meet the proud owners, ask your questions and learn more about the cars. Suitable for all ages. Tickets £18.10 adult, £10.90 child. £16.30 Concession.

For more details visit: www.english-heritage.org.uk

Tickets £5. For more details visit: www.visitsaffronwalden.gov.uk

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Ronnie Scott's All Stars play at Harlow Playhouse tomorrow

Amazing recovery of miracle gran who beat liver failure after being in a coma

'I had two heart attacks, a bleed and infections – I should've died'

By **Hannah Kane**

hannah.kane@reachplc.com

A GRANDMOTHER from Harlow whose family was told she would die when she was placed into an induced coma has been hailed a "miracle" woman after surviving liver failure.

Nina Jagers was put in a coma as her organs began to shut down, survived two serious heart attacks and was able to get a liver transplant in just 24 hours – a virtually impossible task.

After a friend noticed her skin had turned yellow, Nina took herself to Princess Alexandra Hospital in March, and did not return home fully until May.

"On the Saturday, March 10, I was at church," the 54-year-old grandmother said.

"Everything was fine, I was just a bit tired. I went home and slept all day which is so unlike me.

"I mentioned it the next day to a friend and he brought me into the light and said I was yellow.

"If I had blue hair I would have looked like Marge Simpson. I popped to A&E at Princess Alexandra and I was taken in."

Doctors suspected Nina was suffering from liver failure, but much to their confusion, she was not in any pain.

"All the doctors kept asking me if I was in any pain and I just said 'no'," she said. "I was laughing and joking with the nurses. I prayed for no pain.

"The yellow was getting worse but I was still in no pain. They could not understand it.

"If I was going into liver failure I should have been in agony.

"I was beside people who were screaming and crying in pain all day and night because of the liver failure.

"They were on morphine and still hurting but I was fine."

At a loss, doctors sent Nina back home, before quickly ringing her to say that her latest test results meant her life was in danger.

She was sent to Royal Free Hospital in Hampstead so that specialists could monitor her condition.

She said: "I found out I had pancreatitis. Again, I had no pain. I should have been in extreme pain.

"They had to put me in the hands of the specialists. I was sent to a hospital in London so they could monitor me.

Positive

"My daughters were told everything would be OK because I was not in pain.

"They were sent home with a positive attitude."

Within three days, Nina went into active liver failure and was put in an induced coma. She desperately needed a liver transplant within 24 hours, which is normally impossible.

Her daughters were told to prepare for the worst.

"When I went into a coma they were brought back and told the chances of me finding a liver within 24 hours is unheard of," Nina said.

"People wait for months and still can't find a match.

"By the time my daughters were told I had about six hours left. I was put at the top of the transplant list.

"My daughters were told to go home and put my affairs in order. They were devastated. I'm the only family they have got.

"They need me, I'm their mum. They didn't know what to do."

However, in a twist of fate, doctors managed to find a donor and raced Nina into surgery.

"My youngest daughter put one foot through her door and the phone rang," Nina said.

"She looked down to see it was a private number and she knew it would be the hospital. In her head I was dead.

"She was saying to the doctors 'don't tell me, don't tell me', but they said they had found a liver. She collapsed on the floor in shock."

But Nina's health deteriorated as she suffered a heart attack shortly after the surgery.

It took doctors three hours to bring her round, but on April 10, Nina had received her liver.

All the while, her pastor was at her bedside praying.

However, back at the ward, she suffered a massive bleed.

"I had a massive bleed that was partially life threatening," Nina said. "I was rushed to surgery again.

"The shock of this caused broken heart syndrome cardiac arrest.

"It's so rare. It's hard to bring someone out of this.

"The most amazing thing happened. The members of my church, Seventhday Adventist Harlow, came out of their homes and into the church at 1am to pray for me.

"I'm a newcomer, and have joined in the last three years. I'm a great believer that the power of prayer is phenomenal.

"I believe that mine and their faith and belief got me through this."

Nina was allowed home in May, after making a quick recovery from the traumatic surgeries.

She still has to visit a specialist



Nina Jagers had a liver transplant

Photos: MARTINE XERRI

clinic to ensure the liver is functioning, but is reminded each time of her miraculous recovery.

Nina believes that her faith in God carried her through the devastating time.

She said: "Even now when I go to the clinic nurses, doctors and patients smile and tell me I'm a miracle.

"It has never been heard of anywhere. People have died and I should have died. I had two heart attacks, a bleed and infections.

"Two months I was in the hospital. I healed so quickly too.

"Once I was off life support it takes weeks but I recovered so quickly I was at home on May 4. I was out shopping when most people would be in bed.

Amazing

"Dr Sharma was my surgeon and he was an amazing doctor. When I came round he visited me and he took my hand, stared into my eyes and said, 'I cannot believe you are here'.

"I said it was thanks to him but he pointed to the sky and said, 'no thanks to him'.

"Having that faith saved me. Once you give yourself to God your body belongs to him and he will make sure you come through."

Nina is now looking forward to enjoying her life once again as a mother and grandmother.

She added: "I feel like an old Ford Anglia given a brand new Porsche engine.

"My daughter's are closer than ever before. I have seen them more in the last two months than I have in the last two years.

"Never give up."

Police act on 'gun' reports

ARMED police and a helicopter were deployed in Harlow after a man reportedly was in possession of a gun.

Police received reports of two men in First Avenue after 9pm last Friday, with one appearing to have a firearm.

Locals took to social media to say that they had heard gunshots, but police have confirmed this to be untrue.

An image from the scene shows a police car blocking a road, thought to be Howard Way, in the area of Edinburgh Way.

Officers carried out a search however, found no firearm and that no offences had been committed.

The incident is unrelated to the car meet-up which was taking place nearby in The Oaks Industrial Estate.

A spokeswoman for Essex Police said: "We were called shortly before 9.10pm on Friday, August 31, with reports two men were seen, one of



Police on Howards Way last Friday

Photo: SPOTTED IN HARLOW

whom had what appeared to be a gun in First Avenue, Harlow.

"Officers carried out a search with the assistance of a police helicopter.

"They spoke to two men matching the descriptions given in Edinburgh Way and established they did not have a firearm and no offences had been committed."

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Some of the beautiful dresses inside Peaches



Peaches has been open since 1998

Wedding shop owner has been in her current location for Debbie's delight is helping a bride find 'the dress'

■ 92 THE STOW, HARLOW CM20 3AP

NOT everyone has a job where their customers give them goosebumps – but Debbie Meads is one of the lucky ones.

Debbie opened Peaches Wedding Shop in 1998 and she has the enviable job of watching ladies find their dream wedding gown every day.

"Lots of brides cry when they find their dress – and we do too," said Debbie. "When they find 'the dress' it's wonderful. We had a bride in the other day who was so lovely and we all said afterwards it gave us goosebumps. There are lots of good moments."

Debbie is very clear that Peaches is a bridal shop, not a boutique. She prides herself on the fact that her dresses cost between £250 and £1,400.

"I would never go over that," she explained. "Not everyone can afford thousands of pounds on a dress. We have a good range of bridal dresses. They are not inferior quality – they are lovely dresses for real people."

"Lots of brides come to us and say it's so nice to feel accepted at last. We do get people who have had bad experiences elsewhere. I want to offer every single customer a friendly, professional service with the best selection we can offer at a price they can afford."

While some independent businesses start with a dream, Peaches started by happy accident. Debbie was working as a cook but had two young children and was looking for something she could do from home. She briefly had a stationery business but their house was soon bursting with boxes, so when a friend ended up with a selection of wedding dresses to sell, Debbie took on a small unit in The Stow in Harlow and sold them for her.

It was supposed to be temporary but "they just kept selling and selling". Debbie quickly contacted some suppliers – her husband already had a few contacts in the wedding business – and they bought more and more bridal gowns, which also flew off the shelves.

Tiaras

"We started decorating the store, putting displays in the window and I got more dresses and accessories like tiaras, veils and shoes in," Debbie said. "It just developed from there."

Within two years, Peaches – named after her and her husband's favourite record store in Fort Lauderdale, Florida – had to move to a bigger unit at 92 The Stow – where they still are 18 years later.

One of the most fascinating things Debbie quickly learnt about brides is that 90 per cent of them end up buying



Peaches Wedding shop in the Stow, Harlow

a completely different style of wedding dress than the one they went in for.

"I think people see photos in magazines and online and they can be deceiving," Debbie said. "Things look different in photos than they do when they're on."

"Sometimes brides want a particular dress but it doesn't suit them. We had a lady in recently who insisted she wanted a pink, princess dress but she hated it on."

"She left with something completely different but she looked stunning."

"Some ladies want a full, princess dress but end up with a fitted dress. You can never tell."

In order to cater for a variety of tastes, Peaches stocks a wide range of dresses from designers including Venus, Millie May, Special Day, Veronia and Private Label by G.

One challenge of the wedding busi-

ness is the timings – while some brides start wedding dress shopping two years in advance, others pop in and say they're getting married in three or four weeks' time.

"Obviously if that happens, they have to have something off the peg," Debbie said.

"We've got one rail where you buy what you see. There's nothing wrong with them, they're lovely dresses, they might be ex samples, but we can usually find something. Then they just have to be altered quickly."

This is where Dawn Sinclair comes in – she's been with Debbie for the whole of the shop's 20 years as her seamstress.

In fact, the other two ladies who work with Debbie – Jackie Harvie and Linda Hann – have been with her for 17 and 15 years respectively.

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There will be talks on a variety of topics....Mindfulness, Gong Therapy, Magnetix Jewellery....and so plus more.....

Schedule will be available nearer the time.

Demonstrations - there will be many different demonstrations and a chance to have a taster treatment on the day.....

Raffle - there will be a chance to win some lovely prizes and treatments too.....

We look forward to seeing you there.....

Follow us on **f**

All proceeds of the raffle will be donated to a local charity Action for Carers. We have had pleasure in working with this wonderful charity over the last couple of years. Here is some information about the charity. We hope you will join us in raising as much as we can to help them continue their amazing work.

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Debbie smiled.

Mostly the bridal industry is a happy place to work – their customers are all excited and looking forward to their big day.

Sadly, there are some down times, like when a bride has to get married quickly because she or a family member is unwell or when Debbie gets a call saying the wed-

ding has been cancelled. "We have some very upset people on the phone and that's sad, but it does happen," she said.

At the end of the day, Debbie and her team never let themselves forget how much the dress and the whole wedding day means to their customers.

"Your wedding day is one of the

most important days of your life," Debbie said. "Your dress is so important too. Hopefully you'll only ever wear the one and it might be the most expensive item of clothing you'll ever buy."

"We do not push people into making a decision."

"I would rather them go away and think about it for a while and risk them not coming back than making the wrong decision."

"If we pushed a bride into something that they weren't sure of, we would just worry the whole time."

"We really care about what we're doing. As long as our customers leave having had a good experience and they go out happy, then that's what we want, whether they end up buying a dress from us or not."



The bridal gowns range from £250-£1,400



The staff often cry when a bride finds their perfect gown

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● GREAT 'DAYS OUT' BY COACH ●

● PICTURESQUE 'COTSWOLD CLASSICS' ●

First today we visit one of the most attractive towns in the Cotswolds, Burford, where the main street is lined with fine houses and interesting shops, set on the River Windrush.

After, we continue to the superb market town of Stow-on-the-Wold. Saturday 15th September

● SCENIC THAMES RIVER CRUISE to ROYAL GREENWICH ●

We join our boat at the Southbank for a panoramic cruise on the Thames, taking in some of the best views, including commentary as we make our way to the historic riverside town of Greenwich. Here you can enjoy the many attractions, including the Cutty Sark, the vibrant market, Greenwich Park, the Royal Observatory, together with an excellent variety of shops, cafes and restaurants and much more! Tuesday 2nd October.

● THE CHARMING CATHEDRAL CITY OF ELY ●

Today we visit the lovely city of Ely, noted for its magnificent 11th century Cathedral. The lovely riverside, lots of independent shops, historic buildings, plus, it's Market Day in the town! We also visit an excellent Garden & Gift Centre. Thursday 18th October.

● 'MIDSOMER MURDER COUNTRY' & SLEEPY OXFORDSHIRE VILLAGES ●

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Steve Heapy, CEO of Jet2.com and Jet2holidays, said: "This is our biggest ever recruitment drive at London Stansted Airport, and once again demonstrates our commitment to investing in our customers and in people's careers."

■ To see all the jobs available, visit www.jet2careers.com

Man who kidnapped and assaulted a girl is jailed



Detective Constable praises courage of victim in testifying against sex predator

By **Richard Brown**
richard.brown@essexlive.news

A 41-year-old man who kidnapped and sexually assaulted a young girl during an opportunistic attack in Harlow has been sentenced to six years in jail.

At the conclusion of a six-day trial on Monday, July 30, Darren Sellen, of Church Leys, was found guilty of three offences and appeared at Chelmsford Crown Court on Friday (August 31) to learn his fate.

At around 3.30pm on November 2 last year, a girl was walking from Bush Fair and crossed Tillwicks Road, when Sellen came from behind her and put his hands over her mouth and eyes.

He then dragged her towards some garages before sexually assaulting her.

Two people who had witnessed

Sellen grab the 12-year-old victim, quickly came to her aid before calling police.

In court, it was noted that Sellen was seen on CCTV following the victim and making sure she was alone before attacking her.

Officers who reviewed CCTV following the incident, saw that Sellen was wearing the same clothing described by the victim.

Fleeing

He was also caught on camera fleeing the crime scene.

Sellen was arrested the next day and has now been jailed for six years.

Detective Constable Ryan Burgess, of Harlow CID, who led the investigation, said: "I would like to praise the victim for her bravery during this investigation. She has shown an enormous amount of courage throughout, and gave us key descriptions of Sellen."

"Sellen is a sexual predator and a very dangerous individual who continues to refuse to admit his terrible actions, but who has now been brought to justice."

"The severity of his crimes are reflected in the sentence imposed and I hope that this will help to bring some closure and comfort to the victim as she moves on from this ordeal."

"I would also like to thank the two people who helped her, and whose actions were recognised in crown court for outstanding public duty."

At sentencing, a Sexual Harm Prevention Order imposed on Sellen following a previous sexual offence was also extended and will be in place for life.

The Sexual Harm Prevention Order means that on release, Sellen will have to adhere to a number of conditions for life.

Included in these are strict restrictions on physical proximity to children under 16.

A 10-year restraining order in relation to the victim and her immediate family was also granted.

In court, the two witnesses who came to her aid were also awarded £500 each.

After completing his prison sentence, Sellen will serve another four years on licence.

Darren Sellen, of Church Leys, Harlow was jailed for six years on Friday, August 31, following a six day trial in July



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PASSMORES ACADEMY Tracyes Road, Harlow CM18 6JH 01279 770800 Email: passmores@passmoresacademy.com www.passmoresacademy.com	Thursday 20th September	Tours: 9:30am - 12:30pm Open Evening: 5:30 - 8:30pm N.B. tours also available every Thursday 9:00am - 1:00pm throughout September and October. Please telephone or email to arrange.	6:00pm and 7:00pm
MARK HALL ACADEMY First Avenue, Harlow CM17 9LR 01279 866280 Email: office@mha.attrust.org.uk www.mha.attrust.org.uk	Thursday 4th October	Open Evening: 6:00 - 8:30pm N.B. tours are available on request throughout September and October. Please telephone or email to arrange.	6:00pm and 7:00pm
HARLOW FIELDS SCHOOL & COLLEGE Tendring Road, Harlow CM18 6RN 01279 423670 Email: admin@harlowfields.essex.sch.uk www.harlowfields.essex.sch.uk	Thursday 11th October	Open Evening: 5:00 - 8:00 pm Tours to see the school in action can be arranged via email or telephone	

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£21,701	£6,749	5,000*	48 MONTHS	3.83%	3.9%



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Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	FINANCE DEPOSIT ALLOWANCE	CASH PRICE	AMOUNT OF CREDIT	FEES
£259**	£259	£1,700†	£21,282	£19,323	NIL
TOTAL AMOUNT PAYABLE	OPTIONAL FINAL PAYMENT	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR/FIXED
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Two greenfield plots are revealed as areas suggested for PAH replacement

Whitehall considers potential sites for hospital

By Piers Meyler
piers.meyler@reachplc.com

AN area in Harlow close to the M11 and another where thousands of homes are being developed have been revealed as two greenfield sites being considered for a new hospital.

A third option would see the existing Princess Alexandra Hospital buildings in the centre of the town being replaced with a brand new complex.

The PAH board has argued that

the current estate is no longer fit for purpose and to continue improving its clinical care in the face of a predicted significant population growth for Harlow, a new hospital is vital.

PAH has said the viability of the two greenfield sites – one in Gilston which has been earmarked for as many as 10,000 new homes across new villages to the north of Harlow and in East Hertfordshire – and another between the M11 and Sheering Road at the new M11 junction 7a, relies on highways

and other infrastructure being in place, which is outside of the Trust's control to deliver.

The preferred greenfield site is due to be announced next month and the preferred option of staying on site in a phased scheme, or moving elsewhere, is to be announced in February 2019.

The Government confirmed that PAH's proposal for a new hospital had been submitted and further decisions will be made

after the Autumn Budget.

Harlow MP Robert Halfon said: "I have been passionately campaigning for a new hospital for the past three years. I am completely open minded where the hospital is. I am not an expert, as long as it's very near for Harlow residents to get to.

Support

"But this is a hospital that would benefit the whole of west Essex and that is why I have had a lot of support from neighbouring MPs.

"People know that this is essential not just for Harlow but across Essex.

"Harlow's hospital is not fit for purpose and all the new development and new housing which means thousands of new residents will be coming to the area means we need a hospital campus that is fit for the 21st century."

The hospital is believed to need almost £100 million investment to maintain current standards over the next decade.

An additional £50 million is thought to be needed to make the improvements necessary to refurbish wards and to bring the hospital up to modern standards.

The surrounding boroughs the hospital serves are also set to have 51,000 new homes by 2033.

Mr Halfon added: "It's not fit for purpose, we have amongst the highest A&E per head among any population in England.

"We have a problem keeping staff because if they go to London they have a higher wage weighting and despite this the hospital has performed against the odds.

"It has incredible staff, an incredible maternity unit and they have a fantastic apprenticeship program as well. There is a lot more needed to make it happen – we are in the top ten projects in the country to be considered.

"We have a good chance but there is a long way until we have the best chance in a generation."

Princess Alexandra Hospital – the board says the current site is not fit for purpose



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Patients left out in the cold after revamp

THE redevelopment of the main entrance of the Princess Alexandra Hospital although very pretty is very patient and visitor unfriendly as there is no cover from the elements for people waiting to be picked up or dropped off and especially those in wheelchairs or on crutches as you have to go either to the drop off point or right across to the car park.

Also what is going to happen in winter when there is snow and ice about.

D. Tyler Harlow

Long years of Tory austerity

I READ Mr Budd's letter last week and nearly smiled at his factually incorrect assessment of the UK's economy in 2010 as Labour left office to be replaced by a Conservative led coalition government.

In fact I thought that his letter had been taken directly from a Conservative press release as it was so lacking in facts. But as the Conservatives introduced PCC's in late 2012 by

“
Main entrance is very patient and visitor unfriendly

D. Tyler

replacing local policing authorities surely it wasn't!

Indeed economists' who tried to claim, "The global financial crisis and global recession on the fact [that] the Labour government increased spending on the public services by a relatively moderate amount" [Pettinger, 2016] were not only wrong but incompetently so.

Further, it concerns me that the financial sector including the banks "got off very lightly with the blame rather disingenuously put onto this vague idea of Labour economic mismanagement." [Pettinger, 2016]

So Mr Budd perhaps instead of possibly reading directly from a devalued Conservative press release, you should do some research before making such allegations. Moreover, the electorate have had to endure eight long years of Conservative austerity where millionaires got richer while the rest of us had important public services, such as policing, cut and wages not keeping up with inflation and where working families still have to go to food banks to feed themselves in Conservative Britain today.

Finally the cost of standing to become a PCC is currently £5,000.

Gary Roberts Harlow

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WEBCHAT

What you've been talking about on social media this week

■ HOW ASDA, SAINSBURY'S, MORRISONS AND TESCO SHOPPERS WILL BE AFFECTED BY THE DOUBLING OF THE PLASTIC BAG CHARGE:

Why don't they just stop making them? Then people would have no choice but to use other bags or boxes!

Lisa Coyle

The plastic packaging on most foods is unnecessary too. Why do apples and other fruit and veg come in bags?

I wish they would bring back the old green grocers and just pick what you need. Less package waste, less food waste!

When I take loose carrots or other fruit & veg to the checkout in the supermarket the cashier tries to put them in a bag there! I don't want them in a plastic bag thanks.

Lisa Coyle

Why don't we just ban plastic bags, if some shops can use paper, why not all?

Ann Crisp

Happy to pay twice as much providing bags are either blank or support local charity! Don't see why we should pay to advertise the shop!

Terry Elliston

I know its old fashioned but what's wrong with strong paper bags that we used to use in the 60's.

Brian Hood

5p to 10p but I think this should be higher, say 50p a bag. Plastic is a problem, less we use the better. At the same time, manufacturers should look at reducing plastic in their packaging. Milk should be sold in glass bottles, for example.

Chloe Stevens

Double? Charge a pound. There's plenty of options for

non recycling carrier bags.

Bryan Saunders

I don't pay for bags. I take my own when shopping. It's bad enough the price of food shopping, let alone adding bags on top. I do have to agree tho, they should be plain bags. Why advertise the shop.

Anna Wilkinson

Easy way out of paying just take your own each time you shop most people do nowadays.

Linda Dalby

Just get a decent bag for life the good ones cost 50p to a £1 and will last years if looked after. Even the cheaper ones will last if not overloaded. I don't really care what design it is either a bag is a bag for me.

Alex Plumb

■ THESE ARE THE MOST DANGEROUS AREAS IN HARLOW ACCORDING TO POLICE:

Perhaps the council should get the criminals to repair the areas they vandalise.

Amanda Robertson



Tesco is attempting to reduce the amount of plastic packaging used

Photo: PAUL ELLISAFP/Getty Images)

LIBERAL DEMOCRATS

The answer to the Talking Point question on August 30 by Chris Wilson was inadvertently placed under the heading of Green Party when it was actually contributed by Liberal Democrats. Sincerest apologies for any confusion caused. Question: Will young people accessing online gaming cause issues with gambling in adulthood?

IN today's society, the internet is almost ubiquitous, and is used for many more hours by young people than by other sectors of society.

Inevitably, this has some negative consequences, as well as some positive ones, including the prevalence of online gaming, frequently targeted at teenagers by some of the more unscrupulous websites.

A recent report from the Gambling Commission has shown that there are 25,000 children in this country between the ages of 11 - 16 who are considered "problem gamblers", many of whom have gained access via the internet.

Despite this, most young gamblers were more likely to have become addicted via more traditional routes such as fruit machines or the National Lottery.

This is a complex problem, and it is certainly true that if young people become addicted to gambling, they are more likely to grow up with the same issue.

Gambling addiction is, like other addictions a mental illness. Despite much rhetoric to the contrary, this government continues to appallingly neglect mental health resources in this country, for adolescents as much as for adults.

While the Liberal Democrats support sensible gambling regulations for both online and non-online gambling, once someone has a gambling addiction or problem, they are in need of mental health treatment.

In Bishop's Stortford we remain in the scandalous situation where the nearest inpatient mental health facility is as far away as Stevenage, while nationally,



Chris Wilson

young people are waiting as long as 18 months for treatment.

If we want to prevent burgeoning mental health issues blighting young people's lives and proving at great cost to themselves and

the country, we desperately need to start funding mental health services at higher levels, and do what the Conservative government say they will do, for once taking action rather than speaking empty words.

PHOTO of the week

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NEWS.CO.UK



Squirrel on the lock
Photo by John Simpson
from Harlow

Tony Walker

NEIGHBOURHOOD NEWS



Inspector, Harlow Community Policing Team

IT'S been a busy summer period for the community policing team with officers attending several community events talking to the public and listening to their concerns and several drugs warrants being executed.

Our 'Street Meet' event at Old Harlow on August 3 was well received by local residents and businesses in the area.

The Street Meets in September are at the following shopping area's – Staple Tye on Friday September 7, Bush Fair on Thursday 13th, The Stow on Tuesday 25th and Old

Harlow on Thursday 27th all between 10am and 12 noon. Please come along and take the opportunity to speak with local officers.

Disappointingly a disturbance on Friday August 7 in the underpass at Post Office Walk / Fourth Avenue resulted in a 28-year-old male being stabbed in the arm. Following an investigation by Harlow CID a 17-year-old boy was arrested and charged with causing grievous bodily harm and possession of a bladed article, he was remanded into custody at the magistrates court and is

due to appear before the Crown Court next month, thankfully the injured party is now recovering from his injuries.

The 'Only Cowards Carry' knife bin remains outside the police station for anyone who wishes to dispose of unwanted knives.

Officers are continuing to patrol the town centre at various times of the day both in uniform and plain clothes to tackle anti-social behaviour and these officers are complimented by the Council Community Safety Team who can regularly be seen in the town centre.

I have regular meetings with Harlow Council and the managers of both the Harvey Centre and the Watergardens to discuss the town centre – I know this is of concern to many and we will continue with our efforts to reduce crime and anti-social behaviour.

There has been a slight increase in narrow boat burglaries over the summer both in the Harlow area and beyond, please be vigilant. If you live in a house boat or spend time along the riverways in Harlow and outlying villages or marinas and you see anything

suspicious please report it to police.

On a lighter note it was great to see that the rain did not dampen spirits at the carnival.

A massive amount of preparation went into this event by many different community groups and it was a great success.

Many were impressed with the police cadets float and thanks to the commitment and hard work of the special constabulary and volunteers from Harlow and beyond the carnival had minimal impact on normal policing of the town – let's hope for some

sunshine next year.

The next 'Coffee with Cops' event is at McDonald's in Staple Tye on Thursday, September 6 between 12 and 1pm.

Further local policing information can be found on the Harlow Community Policing Teams' Twitter and Facebook sites and the email contact for the Community Policing Team is HarlowCPT@essex.pnn.police.uk You can also pass information anonymously via the Crimestoppers website, crimestoppers-uk.org or on telephone number 0800 555 111.

TALKING POINT

It's a burden on us all - but how do we solve it?

THE BIG QUESTION:

Should there be places available where people addicted to drugs can use them medically supervised?

LABOUR

WHERE the social and antisocial consequences of illicit drug taking is concerned, I believe we have reached a point where doing nothing is not an option. Drug consumption rooms provide a hygienic, supervised space for users to inject prohibited drugs safely; the overarching aim being to reduce or eliminate public injecting and its adverse effects on the environment, public safety, and the health of drug users.

Drug consumption rooms are well established in a number of cities in Australia, Canada, Germany and Spain, to name a few, where evidence shows a corresponding reduction in drug-related crime, a decline in dangerous habits like needle sharing and the accompanying risks of HIV and other transferable infections, a decline of discarded used needles and a positive transformation in

the behaviour of addicts, improved support for those in recovery and huge steps in the right direction for those for whom detox and treatment had not been a serious consideration.

Opponents of this kind of support contend it encourages drug use - despite contrary evidence where such support has been provided. They say it undermines existing legislation and the war on drugs without any serious evaluation of the effectiveness of those laws and to what degree that ongoing war might benefit from a ceasefire, whilst other options, which have been proven successful elsewhere in the world, are explored here in the UK.

I do not support the wholesale decriminalisation of drugs. I do believe our current system is out of date and inadequate and it is nothing short of criminal

if in power, the Liberal Democrats would take a comprehensive new approach to drugs based on the latest evidence, which will target the supply of illegal drugs while diverting drug users into treatment. It is clear that the 'War on Drugs' has failed and a new approach is needed.

Last year, the UK Government rejected advice from its own advisory body to consider introducing drug consumption rooms, which have the potential to reduce drug deaths. These rooms are spaces for users to take Class A drugs under the supervision of medical professionals. There have been proposals to develop these in cities in the UK including Brighton and Glasgow but there are legal stumbling blocks. Various

countries including Switzerland, Australia and Canada have allowed these rooms, within strict parameters.

Studies have shown that they have been effective in increasing the uptake of detoxification and treatment services. The consumption rooms can provide access to healthcare, HIV testing and counselling. They can potentially reduce instances of HIV infection and other blood-borne viruses such as Hepatitis C, which as well as being harmful and distressing to affected individuals, are expensive to treat.

It is acknowledged that this is a sensitive and complex issue. It would be foolish to suggest that consumption rooms could be rolled out in all of our

cities and towns without strict controls in place. However, the Government should be open-minded to various harm reduction policies such as these. Allowing a pilot consumption room scheme could be a good place to start. This would require an exemption to the Misuse of Drugs Act. A pilot would enable the potential benefits (and drawbacks) of these schemes in our communities to be better understood.

Ultimately it should be healthcare professionals, in consultation with local communities, who determine if consumption rooms are the right way forward. However, for this to happen, the Government needs to be more open-minded on this issue, rather than taking a reactionary



Paul Tenconi

approach that rejects any suggestion of allowing drug-taking; even if strictly controlled and in all our long-term interests.

GREEN PARTY

CURRENT drug policy is failing. One in 11 people have admitted to using drugs in the past year and over 3,500 people died from overdosing. People's lives are being destroyed so policy must change.

Drug policy should put people first, focusing on rehabilitation and reintegration into society. Putting addicts in prison does little to rehabilitate them, and once released the cycle of drug abuse and offending will continue. Punishment does not stop addiction. To stop addiction, a programme of medical rehabilitation must be provided. To provide effective and safe rehabilitation, we must be able to provide medically supervised doses of drugs. This is because suddenly stopping taking drugs whilst addicted is dangerous, it can cause seizures and heart problems. Rehabilitation

would control and gradually reduce the dose prescribed to eventually stop drug consumption and addiction. Rehabilitation should also help to reintegrate people into society, by helping with housing and skills training, to prevent the need for drug dependence again. This overall would greatly reduce addiction rates.

Providing effective rehabilitation also reduces the supply of drugs. It is often addicts that are dealing drugs on a street level to fund their addiction. By reducing the number of addicts, we reduce the number of drug dealers, preventing future addicts.

This attitude to drug abuse has been tried successfully before. In response to widespread drug problems and soaring HIV rates, Switzerland implemented this model. Their four pillar approach of education, treatment, damage limitation



Max Wilkinson

and enforcement reduced their addiction rates to amongst the lowest in the world. Whilst targeting supply, medical treatment allowed addicts to recover, reducing the total harm to addicts and society. Our war on drugs is failing, this should be our replacement. We must act to save lives.

CONSERVATIVE

WHEN I was seven years old I'd go round to the local newsagent, peer over the counter and ask for "20 Embassy tipped, please". The owner of the shop knew only too well they weren't for me but for my father.

Knowing he had a nicotine addiction, my father attempted to come off cigarettes by moving onto cigars and then eventually, a pipe. He stopped smoking altogether after that although my mother recalls that he was grumpy for six months.

Gambling, alcohol and shopping are also addictions,

but the worst must be drugs. It's in the interest of the drug dealer to push drugs onto people so they're hooked and want to buy more. It's in the interest of the individual and society to help them pull away from that dependency. The first thing drug addicts must come to terms with is they must want to come off drugs - if they don't, then they will have an uphill struggle. Asking a doctor to medically supervise a drug addict and watch them 'shoot up' heroin has got to be difficult for a health professional dedicated to

promoting healthy lifestyles. Rehab clinics have got to be the answer but before all that kicks in, their external influences have to be removed. As the charity MIND suggests, this could mean changing their entire social circle, where they spend their time and what they choose to do with it. They will need lots of support from experts and a good friend so they can learn about coping mechanisms and explore alternative medications. Individual counselling and a support group must be the way



Jonathan Kaye

forward with a thorough programme for beating that addiction.

WHAT QUESTIONS DO YOU WANT ANSWERED?

■ Every week, we'll be putting your questions to representatives of each of your main local parties. So get involved! Email your questions to get the issues that matter to you on the agenda.

EMAIL YOUR QUESTIONS TO COMMUNITY @HERTSSESSEX NEWS.CO.UK

YOUR EDUCATION NEWS

Students get geared up for new term thanks to a stunt at Summer School

PASSMORES Academy recently hosted its annual Summer School for the new Year 7 intake starting this September.

The action-packed week of activities provided students with a taste of what their future lives at Passmores will be like.

Importantly, it was a chance to get to know teachers and student prefects while making new friends in preparation for the sometimes daunting transition from primary to secondary school.

Although government funding for summer schools was withdrawn in 2015, Passmores continues to self-fund the seven-day programme each year during the summer break.

The event was open to all students joining the school in Year 7 at the start of the autumn term.

Almost 200 students took part and enjoyed curriculum-based pursuits designed to be both engaging and fun.

Linked to the theme of the

World Cup, activities had a strong emphasis on team-work, and promoted co-operative values such as equality, self-responsibility, social responsibility and caring for others, which the Passmores family of schools subscribe to.

The varied range of opportunities included an outdoor pursuits away-day and a light-hearted approach to maths, where the youngsters raced remote control cars to make calculations on speed, distance and time.

The programme culminated in a celebration assembly attended by parents, staff and governors who packed the hall to watch students present their work in a range of imaginative ways.

Some students picked up awards for their outstanding efforts across the week.

The appreciative audience responded with enthusiastic applause, signifying the end of another successful Summer School and the



Students enjoying some of the activities on offer

beginning of a new chapter in their children's lives as part of the Passmores family.

Associate senior leadership

team member, Abi Cunningham said: "Summer School is such a valuable part of our transition process as it helps alleviate

any worries or concerns that might be felt by new students and their parents.

"Because of Summer School, we are confident that

these young people will now begin Year 7 in September with new friends and a genuine enthusiasm for learning."

Open day will give an insight into Academy

PASSMORES Academy is looking forward to welcoming prospective students and their parents to the school's open day later this month.

The academy will open its doors to showcase the state-of-the-art building and modern facilities, and demonstrate its imaginative and diverse curriculum.

Guests will be able to take part in an exciting range of educational activities and will also see examples of visual and performing arts, cookery and sports while getting a real feel for the atmosphere of the school.

Last year, Passmores welcomed a record-breaking 2,000 guests to the open

evening, on top of hosting dozens of day-time tours when parents and their children could witness the school in action.

This year's open day will take place on Thursday, September 20.

Daytime tours will be available between 9.30am and 12.30pm, with open evening from 5.30pm until 8.30pm.

The principal's talk will take place at 6pm and will be repeated at 7pm.

Tours of the school will also be available every Thursday from 9am to 1pm throughout September and October. Phone 01279 770800 or email passmores@passmoresacademy.co.uk to arrange an appointment.

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Passmores' Heart Space

YOUR CHARITY NEWS

Enjoy a cup of coffee and help Macmillan keep changing lives

MACMILLAN Cancer Support's World's Biggest Coffee Morning is now a well-established British institution, bringing millions of people together for coffee and cake each September.

It's all in the name of a fantastic cause, raising vital money to help people with cancer live life as fully as they can.

But what is a Macmillan Coffee Morning and how can you get involved?

This year's event is just around the corner and your support is more important than ever, so here's everything you need to know.

The first Macmillan Coffee Morning took place in 1990, when a handful of people came together for a cup of coffee and a slice of cake, and made a donation to Macmillan to help support people living with cancer.

And while the event has grown over the years, with some 200,000 people planning on taking part in homes, workplaces and schools across the country in 2018, the idea remains as simple as ever: Come together in support of people living with cancer and raise money for Macmillan.

With the number of people living with cancer constantly growing, your support the coffee morning has never been more important.

Cancer can affect every aspect of a person's life, from their day-to-day living and relationships to their finances and mental health

and Macmillan is there to help people with cancer live life as fully as they can, but this relies on the generosity of the public.

Offering a broad range of cancer information and support services including a free support line and a community of more than 7,700 healthcare professionals demand for Macmillan's services is constantly growing, but the charity receives no government funding.

Whether you host an event at home or at work, in the morning or evening, bake a show-stopper or buy one of the limited edition M&S products, the money you raise will enable Macmillan to continue providing these vital services. Every Coffee Morning changes lives.

As an example, approximately every £1,000 raised could pay for a Macmillan nurse for a week, helping people living with cancer and their families receive essential medical, practical and emotional support.

This year the Coffee Morning takes place on Friday, September 28, although you can host yours whenever you want, and it couldn't be easier to get involved.

All you need to do is bring your community together, whether it's friends, family, colleagues or others, and raise money for Macmillan.

Whoever you invite and whatever you serve, you can host your Macmillan Coffee



Events were held across the country last year in support of Macmillan

Morning your way.

With events taking place in homes, workplaces and community centres across the country, you can also find a local Macmillan Coffee Morning to attend on our interactive map, just go to coffee.macmillan.org.uk/about/search/

If you think you won't

have time to bake, you're in luck.

Throughout September, headline partner M&S will be selling a selection of limited edition Coffee Morning products in M&S food halls including lots of cakes, biscuits and two exclusive mugs with 10 per cent of proceeds going

to Macmillan.

Opportunities to give to the cause don't stop there as M&S Cafés will also be donating 5p from every hot drink and slice of cake sold throughout September.

Help people with cancer live life as fully as they can and join Macmillan's Coffee Morning this month. Visit

www.macmillan.org.uk/coffee for details.

You can help people with cancer live life as fully as they can by visiting an M&S food hall this September to purchase a selection of limited edition Coffee Morning products, with 10 per cent of proceeds going to Macmillan.



Macmillan Cancer Care's annual Coffee Mornings will take place again this month and will enable the charity to continue providing vital services

YOUR PICTURES



Kora from Harlow sent in by Amie Gilman



Buzz, Lilly and Nala from Harlow sent in by Sam Carey



Brucie from Harlow sent in by Zoe Slimmer Kennedy

NATIONAL DOG DAY

■ We asked for pictures of your precious pooches on our Facebook page on National Dog Day (August 26), and you didn't disappoint...



Reggie from Harlow sent in by Christine Massingham



Jasper from Harlow sent in by Rachel Ican Iwill



Flossie from Harlow sent in by Karen Johns



Ted from Harlow sent in by Stephanie Howard

YOUR COMMUNITY NEWS

Aiming to ease first term nerves for school bus pupils

THE first week in September marks the start of the new school term, and Arriva has encouraged parents to trial the bus routes to school with their children in advance, whilst the summer holidays were still in full swing.

To ease any first day nerves, parents have been encouraged to test run the bus routes with their children as a fun day out before school starts, ensuring they familiarise themselves with the journey and recognise local landmarks near their chosen bus stops.

Arriva has worked with local primary and secondary schools, providing information on routes, maps and ticket options, and a 'how to use the bus' video to help familiarise new students with their journey. For anyone wanting a personalised school

travel plan, please email talktous@arriva.co.uk

To help services run smoothly and ensure there is enough room for everyone, Arriva is also asking students to get on the first bus available rather than waiting for later buses where there may not be space, and to make sure they use all the seats available.

Craig Taylor, marketing manager for Arriva Herts and Essex, explains: "Starting secondary school is a big change and the transition to using buses can be a little daunting for new students. We wanted to support young people in the local area by working with local schools, providing activity sheets, helpful videos and encouraging parents to trial the bus routes ahead of time."

"We're hoping that testing the



Parents are encouraged to do a school bus test run with youngsters

Photo Richard Johnson (Getty Images)

routes before term will have allowed pupils to become comfortable with their chosen journeys and also give parents the peace of mind that their child knows the bus, knows the

route, and feels confident in making the journey on their own."

Arriva are also offering schools the option to book a school bus safety talk, simply

email: talktous@arriva.co.uk.

To find out more about the route, maps and ticket options available, please visit the website www.arrivabus.co.uk/herts-and-essex-schools

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Harlow

■ **JAZZ GIG:** MUSIC at Marigolds on Friday, September 14. Doors open at 7.30pm with The Fobo Jug Band. At Harlow Cricket Club, Chippingfield, Old Harlow, Essex, CM17 0DJ. Tickets: £10 on the door. See www.musicatmarigolds.co.uk for more info or call 01279 421763

Hunsdon

■ **PILATES CLASSES:** Mondays 2-3pm at Hunsdon Village Hall. Friendly and welcoming classes. Pilates helps you achieve a balance of mind and body, plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture. For more information, or to book your first complimentary class, (limited places) call Anne at Active Health Pilates and More on 07717 333234, email activehealthpam@gmail.com or visit



Fobo Jug Band

www.activehealthpilatesandmore.com

Sandon

■ **GREEN FINGERS:** Sandon Gardeners' Club meets every second Monday of the month at Sandon Village Hall at 7.30pm. If you have an interest in gardening, go along and join. New members are always welcome.

Contact chairman John Handley at: johnhandley5@btinternet.com for more.

Sawbridgeworth

■ **MORRIS MEET:** Fiddlers' Brook Morris meets every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth. Newcomers are welcome to go along and give it a try for fun, exercise and friendship and to help

keep a tradition going? Musicians also welcome. Call 01279 723707 or email neilandgillmunro@aol.com or see our Facebook page.

Standon

■ **TEEN DANCE:** DDMIX (Diverse Dance Mix) dance fitness classes are held every Wednesday at Standon Village Hall for teenagers

between 5.45 and 6.30pm, term time. No dance experience is required, just lots of enthusiasm and a pair of trainers. It costs £5, which can be paid on the door each week. Call Julie on 07971 699615 or visit: dancejamacademy.co.uk for more details.

■ **FIT FOR ALL:** Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue.

It is suitable for everyone, easy to follow, sociable and light-hearted. Call Denise, your local fitness instructor, for times and classes on 01920 823072 or 07703 277862.

■ **CREATIVE LITTLE ONES:** Art, craft and messy play classes are held for under fives. The sessions are held on Wednesdays between 1pm and 1.45pm at Standon Village Hall.

Go along and have some creative fun with your little one. Email Becky to book a free trial at: artexplorers1@gmail.com or visit: www.artexplorers.co.uk for more information.

YOUR NEWS

■ We compile our Community News pages two weeks in advance of publication. If you'd like to include a future event please make sure you tell us in plenty of time so our readers can come along.

■ **MUSICIANS AND MOVERS:** Put a jingle in your step and become a morris dancer. Have a bash at Cotswold dance traditions with Standon Morris at practice sessions on Thursday evenings. The mixed side welcomes anyone from ten years old upwards. No experience necessary, and it is free. The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm. Musicians are also needed to play.

To find out more, call Catherine on 07808 969379 or send an email to: standon.morris@gmail.com

Laughs all round as Linkfest takes a comic turn this year for the first time

LINKFEST, Harlow's performing arts festival, is getting bigger every year. It is usually a music festival, but this year was the first time comedy came to one of the marquees on the showground. Talented comics came from all over the country to perform on Saturday, August 25.

Comedy hour was organised by local comedienne Clare Harrison McCartney, who compered the afternoon and booked the eclectic bill.

Musical comics CJ Hooper and Sara Louise Aston graced the stage, along with punny man Pete White and excellent, working class story teller AJ Roberts. Lastly, Jenan Younis bought some political, funny feminine comedy to the marquee. Clare Harrison McCartney said: "It was a great afternoon and fantastic that comedy was a part of Linkfest this year."

The comedy doesn't stop there. Stand up for Harlow is coming to Victoria Hall on September 15. Tickets are £10 or £7 for concessions.

Search Stand Up for Harlow' on Facebook for more information.



CJ Hooper, Sara Louise Aston, Clare Harrison McCartney, Pete White, AJ Roberts and Jenan Younis

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Bike challenge pays off as nursery has defibrillator installed

THE team at Rum Tum Tugger's nursery cycled 634 miles (the distance from Harlow to Paris and then Geneva) in April using the exercise bikes at Paringdon Sports Club.

The aim was to raise £1,100 for a defibrillator for their nursery and local community.

They had originally set a target of 200 miles, but it was soon clear that staff had become very keen (and competitive) and wanted to reach a further distance.

Past and present families, as well as staff, friends, and family donated money to their JustGiving page and by the end of April they had reached their target of just

over 600 miles. With the money they raised they have been able to purchase a defibrillator which is now located in the nursery entrance – making it accessible for all.

Nursery manager Laura Boulton-Dunn said: "We would like to thank Paringdon Sports Club for allowing us to use their exercise bikes and supporting us in raising enough money."

"We would also like to thank KeepABeat for their continued support and advice to ensure that we provide the best possible environment to keep children, families and staff safe."



The defibrillator is now located in the nursery entrance making it accessible for all

family-announcements.co.uk/essex

Ask your Funeral Director today about adding a **photo** to your notice, as we don't charge any extra for a **photo**.

You can also place your notice over the phone by calling : **01462 504155**

There is no additional charge for adding a **special photo** to one of our notices, ask your Funeral Director about adding a photo.

Bereavements



Margery Ann CROYDON 'Marge'

Sadly passed away on 24th August 2018 aged 82 Years.

Marge will be greatly missed by all who knew her.

Funeral service will be held at Parndon Wood Crematorium on Wednesday 12th September at 3.15pm.

Flowers, or donations made payable to 'Streets2Homes' may be sent

c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

Alternatively, please visit the 'In Memory' page at www.drobinson.co.uk

Mollie Eileen DEMPSTER

Passed away peacefully in Princess Alexandra Hospital on the 24th August 2018 aged 90. A much loved sister and aunt, she will be deeply missed by her family, friends and all who knew her. Mollie's funeral service will be held at Parndon Wood Crematorium on Wednesday 19th September 2018 at 11.30am.

Flowers or donations for St Clare Hospice may be sent to Daniel Robinson & Sons 3 Bullfields, Sawbridgeworth, CM21 9DB Telephone 01279-722476

Alternatively, please visit Mollie's In Memory Page at www.drobinson.co.uk

Nigel Philip EVANS

Sadly passed away on 24th August 2018 aged 59 Years.

Loving Son to Philip and Brother to David. He will be sadly missed.

Funeral service will be held at Parndon Wood Crematorium on Tuesday 11th September at 11.30am.

Family Flowers only please. If desired, donations made payable to 'St Clare Hospice' may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

Alternatively, please visit the 'In Memory' page at www.drobinson.co.uk

Frederick Thomas GRIEVE 'Fred'

Passed away peacefully at home on 18th August 2018 aged 98 Years.

A loving Father, Grandfather & Great Grandfather.

He will be greatly missed by all who knew and loved him.

Funeral service will be held at Parndon Wood Crematorium on Friday 21st September at 1.00pm.

Family flowers only please. Donations, if desired, may be made payable to 'Cancer Research UK' and sent c/o Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB. Tel: 01279 722476

Alternatively, please visit the 'In Memory' page at www.drobinson.co.uk

LIGHT A CANDLE

LEAVE A MESSAGE

Search any announcement online or place a notice 24/7

Bereavements

David INGRAM

Sadly passed away on 28th August 2018, aged 95 years.

He will be greatly missed by daughter Janet, son in law Derek, his grandchildren, great grandchildren and great great grandchildren and everyone who knew him.

Funeral service to be held at Parndon Wood Crematorium on Thursday 13th September at 11.30am

Flowers or donations payable to 'Barnardo's' may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

Alternatively, please visit the 'In Memory' page at www.drobinson.co.uk

To make a donation for a loved one resting with

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Wych Elm, Harlow, Essex (01279) 426990 7981 South Street, Bishop's Stortford (01279) 655477 Bullfields, Sawbridgeworth (01279) 722476

Ivan Oscar SMITHET

Ivan Oscar, on 23rd August 2018, aged 90. Loving husband of Daphne, father of Lesley, Avril and David, proud grandfather of Rose and Clara. Funeral Requiem at Clare Priory Church, Suffolk, CO10 8NX on Friday 21st September, 12 noon and after at West Suffolk Crematorium, St Edmunds Chapel, IP28 6RR at 3pm. Dress: Bright colours.

For donation details contact: H. J. Paintin Ltd, Funeral Directors, Tel : 01223 891226.

June Lilian TROTTER



Passed away peacefully at St Clare Hospice on 18th August 2018, aged 87 years.

The funeral service will take place at St Mary's & St Hugh's Church, Churchgate Street, Old Harlow on Tuesday 11th September at 2.30pm, followed by a private cremation.

Family flowers only please.

If desired, donations made payable to 'St Clare Hospice' may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990.

Alternatively, please visit June's 'In Memory' page at www.drobinson.co.uk

Bereavements

Peggy Ellen TUCKER

Formerly of Stansted Mountfitchet.

Passed away peacefully in Elmhurst, Bishop's Stortford.

Aged 90 years.

Wife of the late Jim Tucker and loving mother to Andrew, Sara, and the late Adrian.

All enquiries to Daniel Robinson, South Street, Bishop's Stortford. 01279 655477.

In Memoriam

BARKER Frank — In loving memory of our dear Dad who died September 5th 1973. Remembered always from Mary and Michael x.

Mum DANKS

You were Our North, Our South, Our East, Our West. Our working week. Our Sunday rest. Our Everything. Still watching over us.

Love always, Jackie, Jessie, Joey, Billy, Josie and Tony xxxxx

In Memoriam

RUSSELL Molly — August 24th 1911 — January 14th 2000. Never forgotten, a wonderful lady loved by all who knew her. Arthur, Jed, Guy, Dino, Pat, Sally, Holly, Mary, Karen, Carrie, Harley, Rascal, Timmie, Fred and Ronni.

Birthday Memories



Luke HOLDING 10.09.78

My dear son Luke, missing you always especially on your birthday.

Love Dad, Lorraine, Ryan and Girls xx

Phyllis Rose SHARP

Remembering our much loved mum and nan on her birthday on 7th September.

Always in our thoughts.

Cheryl and Dan



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Wedding Anniversaries

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Congratulations on your Diamond Wedding Anniversary on the 6th September.
With lots of love
**From all the family
x-X-x**



Diamond Wedding Anniversary

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To take her home with Him to rest.

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Thank you for the many good times we shared xxxxx



Today, tomorrow, all my life, I will love and miss you mum x



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MUSIC



Lucia Holm (main pic) performing at The Fling at Hylands Park this summer; (left) on stage with Paul Carnell

Photos: Don Blandford

Legendary Essex dance band Sunscreen return to the Bassment, Chelmsford, this Saturday (September 8) to play the first in a regular series of gigs, the Emjay Sessions, energised after their euphoric performance at the summer's Fling festival.

Not only that, the band are excited by the prospect of playing tracks from an album they recorded 20 years but never got released and had such a troubled history that they've only revisited it recently. The story of that album, *Out Of The Woods*, is a cautionary tale of record label failure, of prolonged legal wrangling and of persistence finally paying off with the good news being that, after 20 years, it will finally be released this year.

You have to step back in time to the mid 1990s for some context. Sunscreen were riding the crest of the wave of some incredible success, with techno anthems like *Love U More* and *Pressure* propelling them into charts worldwide. In 1996, they released what was to be their final album for Sony, *Change Or Die*. It spawned three top 40 singles in the UK and secured number one and

ESSEX DANCE BAND SUNSCREEN'S THIRD ALBUM WAS NEVER RELEASED BUT NOW, 21 YEARS LATER, IS SET TO SEE THE LIGHT OF DAY AT LAST. DARRYL WEBBER INVESTIGATES A CURIOUS TALE OF MUSIC BUSINESS SHENANIGANS WITH A HAPPY ENDING

two in the US dance charts with *When and Looking At You* respectively.

Life seemed to be peachy and Sunscreen, spearheaded by the creative partnership of Lucia Holm and Paul Carnell, were already working on their third album, *Out Of The Woods*, when they left Sony. They signed to independent dance label Pulse8 and completed the album and released a single, *Catch*, which was a huge hit in the US and became a favourite in gay clubs. They followed that up with a remix of *Cover Me* which was another top five hit in the US dance charts. It all boded very well for the release of *Out Of The Woods* which was waiting to be mastered.

Then came the galling news that Pulse8 were in financial trouble and went bankrupt in 1997, leaving Sunscreen unable to release the album. Worse still, a legal wrangle

with the album's producer left the Lucia and Paul facing financial ruin and the prospect of losing their home and studio. Understandably, the band were at their lowest ebb at this point.

Help came from an unlikely source. Paul was down his local pub, no doubt drowning his sorrows, when a chance conversation with a stranger led to Paul telling him his woes. The stranger told Paul he had a hotshot lawyer friend who might be able to help and sure enough the hotshot lawyer sprung into action and the legal claim against Sunscreen was dropped.

The band had won but the experience had left them bruised and their enthusiasm for the album had, understandably, waned. Instead of trying to release it they decided to move on and concentrate on other projects. So the album never got a proper

release but there was a constant demand for it from fans over the years with a bootleg of the unmastered promo doing the rounds.

In recent years, Paul and Lucia have revisited *Out Of The Woods* and fallen in love with it again deciding to finally finish it and release it, some 21 years after it was originally intended. Paul and Lucia have mastered each track, without changing the original vocals or sounds, so it really will be the album they were meant to release in 1997. It will feature 13 tracks and carry the original album artwork (pictured right).

Out Of The Woods will be released in the next few weeks with the date to be announced at the gig, but you'll be able to hear tracks from it during the band's performance at the Bassment, which is sure to be a night ripe with memories and emotion for

everyone involved.

Thankfully, unlike many music industry stories, this is one with a happy ending.

■ Sunscreen play the Emjay Sessions at the Bassment, Chelmsford on Saturday, September 8. Support comes from Indigo Face as well as DJ sets from Sunscreen collaborator Dave Valentine and Black Chapel.



MUSIC



Eddie and the Hot Rods on stage Photo: SALLY NEWHOUSE

Done everything they wanna do

When the band started in 75, nobody imagined that 40 odd years later we would still be touring the world.

Those of us are the words of Barrie Masters, frontman of legendary Essex rockers Eddie and the Hot Rods, who are currently winding down after announcing their intention to finally call it a day.

But the band – most famous for their 1977 hit Do Anything You Wanna Do and still led by Masters – are planning one last hurrah. And it promises to be a cracker.

Presented by Black Wax and Vive le Rock, A Celebration of Eddie and the Hot Rods takes place on Saturday, April 13 next year at the O2 Academy in Islington and will feature past and present members of the band... and some special guests too.

Formed in Essex in 1975, the Hot Rods emerged amid the explosion of punk – making Do Anything You Wanna Do the perfect anthem for a nation's generation – but by the end of 1981 the band was over. Or so we thought.

The 80s and 90s saw a few different revived line-ups of the

Hot Rods both on stage and in the studio, but it was in 2001 that the line-up of Masters along with Simon Bowley (drums), Dipster Dean (bass) and Gary Loker (guitar) joined with John Otway guitarist Richard Holgarth.

Following Loker's departure Chris Taylor joined on guitar in preparation for the band's 30th anniversary album, Been There Done That, in 2006.

The current line-up has enjoyed 17 years touring the world over, introducing new material into their set, pleasing old fans and finding new along the way.

Hot Rods new and old joined forces in 2014 to pay tribute to original guitarist Dave Higgs who passed away in 2013 while the 40th anniversary of the Hot Rods in 2015 saw the 'classic' line-up of Paul Gray, Graeme Douglas and Steve Nicol join Masters for special shows in Essex and London, with Holgarth contributing in place of Higgs.

Early this year the band announced this would be their last year of touring – making next April's date all the more special.

Tickets are available from www.ticketmaster.co.uk

HACIENDA LIVE - REVIEW BY MATTHEW DEVONPORT

BACK in the late 80s and early 90s the thought of spending a night quite happily dancing along to an orchestra must have horrified most clubbers.

But fast forward three decades and those very same people dusted down all their old moves when the Hacienda Classical performed at Chelmsford City Racecourse.

Even though the orchestra was recreating the sights and sounds of the legendary Manchester nightclub it seemed kind of fitting that the concert was outside.

What better place than an open field on a late-summer's evening to once again lose themselves to some of the biggest anthems of the original acid house era?

Yes legendary DJ Graeme

Park was on the turntables but it really was the conductor Tim Crooks who held everything together from high upon his podium. The string section, choir and even the packed audience were all in the palm of his hand.

Although there was a distinctively nostalgic vibe in the air, the Manchester Camerata Orchestra brought a thrilling new dimension to such classics as Last Night A DJ Saved My Life, Shine On and Blue Monday.

Once the last epic tune faded away it was clear that nobody wanted the night to end. As the crowd drifted away into the night what were the chances of them listening to Classic FM on the way home rather than some old mix tapes?



The Manchester Camerata Orchestra at Chelmsford Racecourse

BEST GIGS



■ CREGAN & CO, CHELMSFORD CITY FC, FRIDAY, SEPTEMBER 14

Jim Cregan is best known for that well-known solo on Make Me Smile (Come Up And See Me), during his time with Cockney Rebel.

Then Rod Stewart poached him and there he stayed for almost 20 years, co-writing, playing guitar and acting as musical director.

He and Rod are still good friends and Jim is on the new Rod Stewart album. Jim also played with Family and has appeared alongside a host of other artists.

Opening the night is three-piece alt country band The Jackson Line who feature James from The Overtures – who performed at Elton John's wedding and have played for Paul McCartney. This is their EP preview show.

DOWN THE PUB



Electric Shakes – if the MC5 and Motorhead had a baby, raised it on some Bon Scott era 'DC with a side of down tuned boogie, and let it run feral looking for a party. This is pure home grown garage rock. The three-piece reluctantly cancelled a gig at Southend's Railway a few months ago and promised to re-arrange – and here they are this weekend.

Gigs for September 7-9

■ Star & Garter, Moulsham Street, Chelmsford: Friday – Electrum; Saturday – Lithium

■ Cricketers, Southend: Saturday – Broadway Clash

■ Horse & Groom, Braintree: Friday – Fast on the Draw

■ The George, Witham: Saturday – The Stents

■ Waggon at Wix: Saturday – Legend

■ Golden Fleece, Chelmsford: Friday – Expose; Saturday – Ultimate 80s

■ Railway Hotel, Clifftown Road, Southend: Saturday – Electric Shakes; Sunday (afternoon) – The Roosters

■ Boars Head, Braintree: Friday – Scam 69; Saturday – VTI1

■ Benfleet Tavern, Benfleet: Saturday – No More Heroes

■ Cow & Telescope, Southend: Friday – VTI1

■ Cock Inn, Bishops Stortford: Saturday – Fubar;

■ Smugglers Den, Hullbridge: Friday – Mischief

■ United Brethren, New Writtle Street, Chelmsford: Saturday – Belinda & the Beltrons

FOOD & DRINK

JACK OF ALL PLATES

ELLA WALKER chats to outspoken recipe author and campaigner Jack Monroe about kitchen confidence, and the time she realised she had hit rock bottom



INGREDIENTS

2tsp butter;
150g plain flour;
1tbsp bicarbonate
of soda; 1tbsp
granulated sugar;
80ml milk; 2 medium or
large eggs; 100g frozen
berries; oil, for greasing;
golden syrup or honey, to
serve

METHOD

1. First, pop the butter in a microwave-proof dish and melt for a few seconds. Set to one side, and work quickly. **2.** Pour the flour, bicarb and sugar into a bowl and mix well to combine. Make a well (a big wide dent) in the middle of the dry ingredients and pour in the milk and melted butter. Crack in the eggs and mix it all together to make your pancake mix. **3.** Now let it rest for half an hour. This is important, and helps create the lightest, fluffiest pancakes. The best place to rest it is in the fridge, as science dictates that cold batter meeting hot oil is the

optimum for an airy, perfect reaction.

4. When the batter is rested, remove it from the fridge, tip in the berries, and give it a quick stir.

5. Grab a frying pan, preferably a non-stick one, and brush it with a little oil. Bring it to a high heat for a minute to warm the pan through, but don't let the oil start smoking, so watch it. Reduce the heat to medium, and dollop in some pancake mixture. The first one is always the worst – a snack for the hard-working chef is my rule! Cook for one minute then, using a spatula, gently turn it over.

6. Repeat until all of the pancake batter is used up, and serve in a stack, hot, with something runny and sweet.

FLIPPING LOVELY

FLUFFY BERRY
PANCAKES
(SERVES 2)

JACK MONROE is eminently practical. The cook and food poverty campaigner is constantly generating recipes and, to be frank, needs "somewhere to put them".

Hence her latest collection, *Cooking On A Bootstrap*, which she considers both a coterie of tasty dishes and a manual for everything from food shopping and cooking on a budget, to basic kitchen equipment and how to navigate through other people's recipe books.

"It's a whole course on teaching yourself to cook well," says the 30-year-old.

"We're all really feeling the squeeze," she adds, nodding to years of austerity, food price hikes and wages lagging way behind inflation. "Everything is more expensive, and people are struggling financially. There is still sadly a need for my recipes and my work."

That makes it sound "miserable", the Southend-On-Sea-born chef admits wryly. But she argues that this book – based on *A Girl Called Jack*, the blog that brought her into the public sphere, where she wrote about life as a single mum and food bank user on benefits, and shared her ultra budget-friendly recipes – is anything but.

"It's political, it's irreverent, it's fun," she says. "It's basically like having a chat with me in the kitchen, which I find really nice, because cooking on a budget is so often presented as a really dour, miserable project."

Jack is now largely vegan, but she remembers the moment she first realised she was "properly poor" – and it involved butter. "It wasn't that I'd had the heating off for a year, it wasn't that I



Jack Monroe, left, and her new recipe book, *Cooking On A Bootstrap*, below



couldn't replace the light bulbs in my hallway, and it wasn't that I'd basically sold everything me and my son owned to try and pay the rent," she remembers. "I was wearing two jumpers because it was so cold, I was ill all the time and I was absolutely starving – all of those things were pretty much fine on a day-to-day basis because I'd got used to them."

"It was when I was in the supermarket and realised I couldn't afford to buy butter any more – I lost my s***. I was like, 'That's it, I'm properly poor now, I can't afford butter', and I refused to buy margarine."

"That was my rock bottom," she adds with a self-deprecating laugh. "It was the last luxury to go. I gave up heating and lighting before I gave up my weekly block of butter. I realised if I put that

back, I could have an extra bag of pasta, a tin of carrots and some button mushrooms. It was awful – I bought some 40p lard for cooking with and was slightly disgusted with myself."

No longer a food bank user – Jack's written columns for the *Guardian* and *New York Times* since becoming a food writer – she still buys everything from the supermarket's budget ranges (aside from Marmite and Heinz Tomato Ketchup – those are non-negotiable: "Sainsbury's Basics ketchup as a cooking ingredient, but Heinz as a dipping sauce!").

"They're just as good," she says strongly of the budget ranges.

"If you're at home and opening your cupboards to feed yourself and your kid, they don't need

serrano ham and extra virgin olive oil – they just need some food. It's not what you've got, it's what you can do with it."

Giving people confidence is key, she says, while learning to cook is fundamental, something we should be able to do as easily as breathing or walking: "Kids in school are taught to swim, but they're not taught to cook."

"I find that phenomenal because we all have an oven and we don't all live by the sea."

"We learn to talk, to read, to walk, and there seems to be some kind of shame or stigma attached to not being able to cook," she muses, incredulous.

Jack points out that she was an "instinctive cook" rather than a natural one.

Moving out of her parents' home aged 17, she taught herself by trawling supermarkets and stealing ideas, picking up the fanciest pasta sauces and ready-meals, buying all the ingredients listed, and making her own version.

"Cooking isn't difficult, but I didn't spring out of the womb armed with a whisk, I had to learn like everybody else."

She accepts that often we don't cook because of lack of self-interest, or self-worth – and admits she's been guilty of that too in the past, opting for "three bags of salt and vinegar crisps one after the other for dinner" – but notes forcefully: "We all need to love and respect ourselves enough to want to make a meal for ourselves – it's a really basic act of love."

■ *Cooking On A Bootstrap* by Jack Monroe, photography by Mike English, is published by Bluebird, priced £15.99.

IF YOU'VE ever worried that you might be matching the wrong wine with the wrong food, or you're scared you'll mess up on your wine pairing knowledge when the in-laws visit, then do not fret. Apparently it's all right to go with the flow and just enjoy what you want to enjoy.

I know this from an exclusive chat with sommelier Alex Freguin who came out tops in a competition which saw finalists test their skills at the Savoy in London. I asked Alex if he could put your minds at rest around food and wine pairings. He was happy to oblige.

He told me: "Nothing is right and nothing is wrong. That is very, very important."

"If you like red wine with fish it doesn't mean you are wrong; if

RAISE A GLASS

WITH JANE CLARE



you like rosé with duck it doesn't mean you are wrong.

"If you are happy to drink it, and you know you're going to enjoy it with your food, then that is going to be the best pairing in the world."

French-born Alex, 29, who is the 2018 Champagne Taittinger UK Sommelier of the Year, works at Michelin-starred Moor Hall in Lancashire and came through the regional heats before winning the top prize.

He said: "Rest easy, put wine in context. It is there to enjoy with

friends and family. We are so lucky to bond and share special moments over food and wine.

"Don't worry about choosing one wine over another – it is your choice. What's the worst that could happen?"

If you're thinking Alex's top food favourite must be something posh like lobster, you'd be wrong. He is full of praise for our veg and in particular the very humble turnip. Who'd have thought?

He told me: "The turnip is incredible. It is very complex, with bitterness, sweetness, acidity and texture. It can pair with anything, from sherry to white wines, from rosé wines to Japanese sake. It is incredible, especially with crab."

There you go. You now know what to serve the in-laws.

■ **In my glass this week...** I'd just finished reading about whisky, and was contemplating the mention of Japanese whisky, when one popped into my emails. Well, not literally a bottle, that would be messy.

Sainsbury's has launched **Suntory Whisky Toki (£35, for 75cl)** and I was keen to taste it. Suntory is one of the world's largest drink companies and it has shared in a UK boom of Japanese whisky sales, which I'm told grew more than 200% last year. Toki is a blend of whisky from three distilleries:



Yamazaki, Hakushu and Chita. It is light gold in colour and has aromas of green apple, herbs, white pepper and a flash of citrus. To taste, it has a long-

lasting bite of white pepper spice, a cushion of creamy vanilla and a fleck of ginger.

Sainsbury's has also brought out **ROKU Japanese Craft Gin (£30, 70cl)** distilled with six Japanese botanicals: sakura flower (cherry blossom); yuzu peel; sencha tea; sansho pepper; sakura leaf and gyokuro tea. These are reflected in the name Roku (meaning six) and the six-sided bottle embossed with the botanicals. The nose is fresh and floral with tea notes. In the mouth it has cherry, a subtlety of rose and candied lemon.

■ Jane is a member of the Circle of Wine Writers. Find her on social media and online as One Foot in the Grapes.

"THIS recipe first appeared on my Instagram account," says Jack. "It was a rough night, in the middle of a tough week, embedded in a hellish year, and I wasn't cooking."

"Overwhelmed by life and sadness, I hadn't been in my kitchen for days. I needed comfort, and nourishment, and I forced myself to the stove."

"This revelation may come as something of a surprise, but even I can't cook sometimes. This did the trick - and you can use a handful of frozen veg in place of chopping anything, if you like."

INGREDIENTS

Oil, for frying; 2 garlic cloves, roughly chopped; 1 onion, roughly chopped; a few handfuls of finely chopped or grated root veg (I like carrot, parsnip, spud, sweet potato - any root will do); 1tsp paprika; 150g tofu or 2 white fish fillets; 1 x 400g tin of beans (baked, kidney, butter, cannellini, chickpeas - any beans), drained; 1 x 400g tin of chopped tomatoes; a fistful of kale or spinach; a squeeze of lemon juice; a pinch of salt and a bit of cracked black pepper

METHOD

1. Warm a little oil in a pan over low heat and cook the garlic and onion to soften.
2. Add the finely chopped or grated root veg and stir some more, then add the paprika and stir in. The stirring is key.



It is soothing. It is mindless, not mindful. Sod mindful. My mind is full enough. It is a minefield. Sometimes I want to stir some stuff and stare at my hands or into nothing.
3. Chuck in chunks of tofu if you're veggie/vegan, or white or tinned fish if you aren't. Tip in the beans. Whatever beans - add them for

STEW'S COMPANY

SELF-LOVE
STEW
(SERVES 1)

goodness. For laziness. For filling comfort. For making it stretch into an extra meal you won't have to cook. Pour over the tomatoes. The cheaper ones are brilliantly sloppy and excellent for soups and stews.

4. Shred some kale in your hands. Rip it the heck up with all the stress and physicality you can muster. Go on. Tear it to shreds. Drop it in. Stir it through, breathe, and stir, and breathe.
5. Bring to the boil, like your fury, heat it up and watch it roar, then reduce it to a simmer. Douse in lemon juice to brighten, add some salt and pepper to amplify the flavours. Eat.

INGREDIENTS

1 teabag
300ml boiling water
1 medium onion (mine weighed 200g, but don't worry too much), finely sliced
4 fat garlic cloves, finely sliced
2tbsp oil
A pinch of salt and a bit of cracked black pepper
1 x 400g tin of chopped tomatoes
2tbsp tomato purée (optional but I like a nice tomatoey taste)
1tsp mixed dried herbs
400g mushrooms, sliced
Fistfuls of spinach, steamed, to serve (optional)

METHOD

1. Find the largest mug you have. Pop a teabag in, and fill it with the boiling water. Let it stand to one side to stew, properly stew, while you do the next bits.
2. Toss the onion and garlic into a large pan. Pour the oil over, stir, add a pinch of salt and pop over a medium heat. Cook for a few minutes, stirring occasionally, to soften the onions and lose that raw acerbic edge to them.



CHEAP & CHEERFUL

MUSHROOM AND TEA
BOURGIGNON
(SERVES 4)

3. Pour over the chopped tomatoes and stir in the purée, and add the herbs. Remove the teabag from the mug and pour the strong black tea into the pan, and give everything a stir. Toss in the mushrooms, then bring it all to the boil. Once boiling, reduce to a simmer and cook for at least 20 minutes to let the sauce reduce and thicken and all the flavours meld together.

4. The next bit is up to you. You can leave it simmering away for another half an hour in the traditional

fashion, or you can turn the heat off, pop a lid on (or large plate or tin foil if you don't have a lid) and let it slowly cool down. It will carry on cooking itself with the heat trapped inside, but will cost you less in gas or electricity to achieve pretty much the same effect - it just won't reduce as much, so you'll need to strain some of the liquid off to serve, or eat it like a soup, which is equally yummy.
5. Season to taste, and serve. I like mine slopped onto white fluffy rice or a pile of mash, but if you're a low-carb person, a pile of spinach or steamed greens would be yummy too.

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CELEBRITY WELLBEING

I really notice the difference to my mental state if I don't exercise for a whole week

RECENTLY ENGAGED MADE IN CHELSEA STAR LOUISE THOMPSON SPEAKS TO LIZ CONNOR ABOUT MANAGING ANXIETY, FAMILY PLANS AND HER NEW HEALTHY-LIVING BOOK



Louise Thompson of Made In Chelsea fame is now a healthy living guru

SHE'S the pint-sized fitness guru with over a million social media followers and some of the most enviable abs on Instagram – but Louise Thompson insists she hasn't become a slave to the gym.

"I typically work out three times a week maximum," says the 27-year-old Londoner. "My muscles take a few days to recover, and I don't like to push myself too hard or stress my body out."

Louise, who shot to fame on hit reality series *Made In Chelsea*, went through a major lifestyle overhaul in 2016, after secretly battling with anxiety and panic attacks behind the scenes of the show. She began sharing her fitness and health tips with fans through Instagram, along with her popular 30-second couple workouts, with her personal trainer boyfriend and co-star, Ryan Libbey.

Now, she's built a fitness empire that includes petite activewear brand Pocket Sport (pocket-sport.co.uk), and has documented her mental health battles and subsequent journey to a healthier mindset in a new clean living bible, *Live Well With Louise*.

The healthy living guru, who recently became engaged while on holiday in LA, says that much of her old anxiety was "driven by bad decision-making and bad choices".

She explains: "A lot of life is down to luck and things that are out of our control, but something we can control is the way we treat our body."

"I used to disrespect mine – now I don't. I make sure I'm as active as I can be, and also I don't put lots of nasty stuff into my body."

A HEALTHY NEW START

LOUISE, who used to be a regular face on the London party scene with fellow *Made In Chelsea* cast members, now limits alcohol, has quit smoking, and has "massively" cut down on junk food.

"I've learnt what my body does and doesn't respond well to and I feed it accordingly. Now and again, I'll over-indulge, but probably one-tenth of the amount I used to."

"Anxiety can take over your life and leave you feeling pretty powerless; it's worse than any other feeling I've experienced and when it chooses to spiral out of control, it feels worse than the stress factors that caused it in the first place."

"I'm teaching myself to care less about the judgement of others – I know that it'll help me to be happier day-to-day."

ALL ABOUT THE BALANCE

"IF MY mind and body are feeling strong, then I'll do a full-body resistance training session in the gym with heavy weights to break down my muscle fibres," says Louise. "Whereas if I'm under time pressure, or if I've been very busy, then I'll practise my own body-weight exercises at home in my living room."

"When I'm feeling tense or stressed though, I will choose something like yoga. I recently discovered something new called 'Yin yoga', where you stay in one position for a lengthy period of time so you can loosen up. I held each position for four minutes and felt incredible afterwards."

Refreshingly, Louise admits she still has bad days with her mental

health, but that making small changes to her lifestyle has played a huge part in feeling more balanced.

"I actually still suffer from occasional bouts of anxiety, even though I'm so self-aware and understand lots about it. It's just the way that I'm hardwired, so I seek new ways to deal with it."

"When I feel like I'm regressing, I remind myself to practise mindfulness, read more, put things into perspective, talk about my worries, write things down, and ultimately remember that I've been in this place before and got out the other side," she says.

FITNESS AS THERAPY

FITNESS also helps her to feel grounded. "I really notice the difference to my mental state if I don't exercise for a whole week, so I try and stay on top of it, even if it means just doing my ab blast routine on my bedroom floor when I'm on holiday."

"I get twitchy and don't feel myself if I don't do anything for a prolonged period of time."

After a break from filming *Made In Chelsea*, Louise says she's been enjoying travelling over the summer in the US. "Sometimes it's really

refreshing to visit a country, and take a break somewhere where I can walk freely in tatty clothes with no make-up on, knowing that no one is going to shout across the road or tap me on the shoulder."

MARRIAGE, BABIES AND BEYOND...

SHE'S also celebrating her recent engagement. While hiking in LA earlier, 28-year-old Ryan got down on one knee and popped the question, with Louise confirming their engagement with a picture of the ring on Instagram. The pair met in 2016, when Ryan joined *Made In Chelsea* as her new boyfriend during the *South of France* series.

"The actual wedding probably won't be until the middle of next year," she says. "I have a lot of work on my plate at the moment, so I don't have a lot of time to plan a wedding! But I am excited to create space to do so – I've already started writing a guest list!"

Could children be on the cards soon? "We would like to have a big family – maybe three or four children," Louise reveals. "Although I haven't really given much thought to the financial implications of having so many!"

"I'd love to have a couple of kids and own a bungalow in LA," she adds – although she has other plans in the pipeline for the future too.

"Hopefully (Ryan and I) will have opened up our own boutique gym, that we're starting to seek investment for."

"I'd also love to be hosting my own fitness-style reality show with Ryan and other members of my family, where we have some more creative control."

■ **Live Well With Louise: Fitness And Food To Feel Strong And Happy** by Louise Thompson, left, is published by Yellow Kite, priced £18.99.



IF YOU'RE a smoker, giving up is tough. But there are various medications out there that can help lessen your cravings.

Here are four ways to help kick the habit.

1 Nicotine replacement therapy: NRT gives your body the nicotine it craves without the toxic chemicals that you get in cigarettes. NRT won't give you the same "hit" you would expect from a cigarette, but it does help reduce cravings.

2 Try to avoid triggers: There are certain activities you'll associate with smoking such as finishing food, having a coffee, or relaxing after putting the children to bed. Try doing something different at these times until you've broken the association with smoking.



3 Exercise: Physical activity can help reduce your nicotine cravings and relieve some withdrawal symptoms. It may also help you reduce stress and help to keep your weight down. When you have the urge to smoke, do something active instead – go to the gym or a swimming pool or just take a short walk.

4 Delay: When an urge to smoke strikes, remember that although it may be intense, it'll probably pass within a few minutes.

DOCTOR'S NOTE

A TINY flexible electronic chip planted in the brain could help prevent epileptic fits.

University of Cambridge experts say their device detects an "electric storm" as a seizure starts – then releases natural chemical GABA to stop it.

The chip – made from plastic and twice as thick as a human hair – was tested on mice. It will be scaled up in size for humans.

Drugs currently available don't help three in ten sufferers.

Expert Professor Ley Sander said: "What's interesting is the implant delivers a drug straight to the source of the seizure."

BEAUTY COUNTER

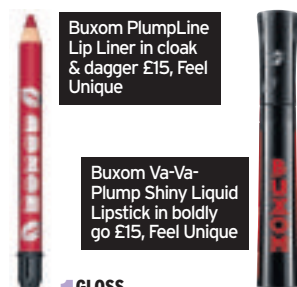
From gloss to gadgets, these methods all promise to help you get fuller-looking lips, says **KATIE WRIGHT**

Plump up your pout

WITH Superdrug launching a new £99 botox and fillers service on the high street, it's clear full-looking lips are a big beauty priority for many women right now. "We can thank Kylie Jenner for the recent surge in the urge for plumper lips," says Daniel Smythe, education manager at Buxom.

"Our skin and our lips will always look healthier and younger when plump, because our lips thin with age, so this is a concern to many people."

From make-up tricks to treatments and gadgets, here are six ways to boost your pout without the need for needles...



Buxom PlumpLine Lip Liner in cloak & dagger £15, Feel Unique

Buxom Va-Va-Plump Shiny Liquid Lipstick in boldly go £15, Feel Unique

bow, which is the perfect way to achieve optimal fullness. "Blend the edges slightly and finish the look with one of our new Va-Va-Plump Shiny Liquid Lipsticks, which offer saturated coverage, combined with a unique lip plumping peptide and hyaluronic acid formula."

2 LIP CONTOURING

"I SWEAR by lip contouring and it is actually super simple!" says

beauty blogger and entrepreneur, Huda Kattan. "All you need is your favourite lipstick and a matching lip liner, and a slightly paler shade of lipstick."

"I like to start by putting foundation all over my lips to create a blank canvas, so I

Huda Beauty Lip Contour in trendsetter £16, Cult Beauty

lips to create a blank canvas, so I

Hourglass Panoramic Long Wear Lip Pencil in empress £22, Cult Beauty

can create the desired outline for my lips. Then, using a lip contour pencil, I draw an 'X' at the cupid's bow and outline the lips, being careful not to go too far outside the natural lip line. Sometimes I draw a vertical line

through the centre of my top and bottom lip as this adds even more dimension. I

always fill the lips with liner and then I apply my lipstick over the top. The final step is to 'highlight' my lips using a lipstick in a paler shade. I dab it onto the centre of lips and blend out with my finger which really helps to create the illusion of a fuller pout."

3 PLUMPING PRODUCTS

INJECTABLES may be a step too far, but it is possible to deliver lip-enhancing ingredients without a syringe. The loss of collagen (which starts from around the late-20s) is what causes our lips to look thinner as we get older, so look for

Murad Rapid Collagen Infusion for lips £25

Algenist Genius Liquid Collagen Lip £36, Space NK

Manuka Doctor ApiRefine Lip Enhancer, £9.59

products that contain peptides which promote collagen production, and hyaluronic acid, which can hold up to 1,000 times its own weight in water.

4 MASKING

SIMILAR to serums, lip-shaped masks can deliver a major dose of moisture and plumping ingredients. Ideal for using before a party, pop one on for five minutes and you'll be amazed how much bigger your lips look when you take it off.

Patchology FlashPatch Hydrating Lip Gels £14 for pack of five

5 MICRONEEDLING

YOU may have heard of microneedling as a technique used to enhance the effects of skincare serums, but did you know you can do it on your lips too?

The GloPro Lip Edition is an at-home device that uses teeny tiny pinpricks to create 'microchannels' on your lips.

Roll the head over your lips for one minute, two to three times a week, and immediately after apply a lip serum, which will penetrate deeper than it usually would, boosting the plumping effect.

Beauty Bioscience GloPro Lip Edition Microneedling Regeneration tool £249, Selfridges

6 MICROCURRENTS

ANOTHER method originally used for wrinkle reduction, microcurrent treatments deliver a mild electrical current to trigger an increase in collagen production.

The CACI Lip Treatment combines a microcurrent 'Wrinkle Comb' and red LED light therapy, with six to eight sessions recommended to see the full effects.

I tried the treatment and could already see a difference on my top lip after one go, but the zapping sensation was stronger than I'd expected, so if you're a wuss like me, be warned that it might sting a bit.

The treatment is available at salons nationwide, starting from £15 for 10 minutes. To find your nearest, visit Caci-international.co.uk

TRIED & TESTED

NEW SEASON
SCENTS

IN THE market for a new fragrance? See how some of the latest perfumes fared with us...

■ Jimmy Choo Fever, from £43:

This scent is so sexy, I can feel myself adopting a six-inch-heel shimmy, even in my flats. With notes like roasted almond, black plum nectar and vanilla orchid, it's part floral, part gourmand, and 100% my thing.



■ Michael Kors Twilight Shimmer, from £42:

This delicious mix of praline, red fruits and musk is richer than an Apple shareholder and lives up to the promise of that glam, sparkly bottle. It immediately gave me the urge to throw on a LBD and swan off into the night.



■ Rituals Océan Infini, £39:

I've used Rituals shower gels for ages and I'm happy I've found a perfect matching perfume. This is inspired by the fragrances of Bali, from the sparkling ocean to the sweet pears that grow on the island. A gorgeous combination.



■ Tabitha Webb for Avon Pure Temptation, £18:

Fragrance snobs might turn their noses up at Avon (big mistake), but even I was expecting something safe and assuming. This is neither. It has so much personality, with a hit of sweet raspberries at the beginning, then rose, woods and musk in the dry down. I'm really impressed by it, especially for this price.



CELEBRITY SECRET

OH TO have glowing skin like Rosie Huntington-Whiteley's. The model, below, is a big fan of Bioderma. She told birdie.co.uk: "I always religiously take my make-up off at night. It doesn't matter how late of a night it is - the make-up always comes off. I remove it with Bioderma Crealine Solution (£10.80, Boots). It's really gentle and has no fragrance or perfume and removes make-up really smoothly."



PAST TIMES

When rom-coms ruled the world

LOOKING for a happy ever after ending? Romance was in the air when it came to movie blockbusters in the 1990s.

Hollywood was playing Cupid and the rom-com reigned supreme.

Sleepless in Seattle opened in the UK on September 24, 1993, and promptly had cinema-goers rooting for the happy couple.

Tom Hanks played widower Sam whose young son Jonah calls a radio talk show to find the perfect partner for his dad... and a new mum for himself.

Meg Ryan was the newspaper writer Annie Reed who hears his story and starts down the road of a potential new romance.

The movie's publicity asked: "What if someone you never met, someone you never saw, someone you never knew was the only someone for you?"

The film's stars only shared around two minutes of screen time together, but that did not stop movie lovers falling for the movie.

The final line saw the couple at the top of the Empire State Building in New York – a homage to the old black and white movie *An Affair To Remember* – with Meg's character saying: "Sam? It's nice to meet you."

Sleepless in Seattle has gone on to become one of the top romantic movie comedies with Meg and Tom going on to appear together in further romances like *You've Got Mail* and *Joe Versus The Volcano*.

Meg once said: "Clearly romantic comedy is my franchise genre, I don't

It's 25 years since Tom Hanks and Meg Ryan first found each other in *Sleepless in Seattle*. **MARION McMULLEN** looks back at a movie decade when we fell in love with romance



Renée Zellweger and Tom Cruise in *Jerry Maguire*

high with Richard Gere and Julia Roberts in *Pretty Woman* in 1990.

Julia said: "I love romantic comedies. I like to watch them and I like to be in them."

"It's something that's increasingly difficult to find that spark of originality that makes it different than the ones that come before."

She went on to appear in a string of feel-good films with *My Best Friend's Wedding* in 1997 and *Notting Hill* in 1999 before reuniting with Richard Gere for *The Runaway Bride* in 1999.

She later revealed: "I did get to keep the wedding dresses from *Runaway Bride*. They're all boxed up in my garage. I've never opened them."

Sandra Bullock also found box

mind saying that, it's true.

"I love doing them and hopefully always will do them."

"I don't feel particularly typecast because I think I do so many different kinds of things."

The decade began with a rom-com



Tom Hanks and Meg Ryan, above starred together in classic rom-coms *Sleepless in Seattle* and *You've Got Mail* (above left)



Julia Roberts in *Notting Hill*



Hugh Grant and Andie MacDowell in *Four Weddings and a Funeral*

office success with *While You Were Sleeping*. The 1995 movie saw her playing a lonely transit travel token collector who finds herself welcomed into the home of a big-hearted family when she rescues a handsome stranger who falls onto the tracks.

He is in a coma, but his relatives believe she is his fiancée.

Jerry Maguire the following year saw Tom Cruise as a sports agent with Renée Zellweger as the secretary and single mum who believes in him.

Her line, "You had me at hello," has been described as one of the top movie quotes and Tom Cruise called the movie "a beautiful experience."

British movie *Four Weddings And A Funeral* in 1994 also proved a hit in the romance stakes and was one of the big box office successes of the decade.

Hugh Grant played bachelor Charles and played a tape of his best man's speech at his brother's wedding for his audition.

Writer Richard Curtis, who went on to write *Notting Hill* and *Love Actually*, once pointed out: "If you write a story about a soldier going AWOL and kidnapping a pregnant woman and finally shooting her in the head, it's called searingly realistic, even though it's never happened in the history of mankind."

"Whereas if you write about two people falling in love, which happens about a million times a day all over the world, for some reason or another, you're accused of writing something unrealistic and sentimental."

But real-life romance can flourish even in Hollywood and happy ever after endings can be found in

Tinseltown.

Rita Wilson, the wife of Tom Hanks, played his sister in *Sleepless in Seattle*. The couple have now been married 30 years and Tom once said: "There's no substitute for a great love who says, 'No matter what's wrong with you, you're welcome at this table.'"



Julia Roberts and Richard Gere in *Pretty Woman*



Sandra Bullock and Bill Pullman in *While You Were Sleeping*



Tom Hanks and wife Rita Wilson

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PUZZLE TIME

Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Blue Peter presenters

K	R	J	O	R	I	S	P	H	I	L	E	L	N	A
O	E	K	H	H	C	T	O	E	H	L	H	E	O	N
N	N	R	N	L	S	E	T	R	Y	T	S	N	T	D
E	I	A	B	E	S	L	R	E	K	A	K	E	L	Y
H	U	Q	Z	I	L	I	A	C	E	L	O	I	K	A
M	N	L	I	E	D	M	T	R	R	E	W	N	L	I
A	A	O	J	E	I	A	U	A	I	T	E	N	T	N
T	D	R	I	S	E	N	T	S	M	N	C	E	S	D
T	K	E	U	O	L	I	N	G	V	I	R	Y	T	H
B	A	R	J	E	L	D	T	E	L	E	U	A	N	E
L	A	V	A	I	F	E	T	V	L	S	S	S	T	A
E	R	S	N	E	V	E	S	Y	J	O	A	M	U	R
E	I	I	L	T	R	U	P	N	N	H	I	I	W	N
S	G	L	L	E	P	E	R	O	E	S	L	L	A	E
I	N	E	T	O	N	T	E	A	K	L	E	I	L	R

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

W	A	R	O	W
S	I	D	E	D
Y	O	R	A	G
R	E	R	A	N
P	U	A	A	L
W	T	E	W	V
H	R	I	D	S

Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

	8	9						1
	2	1	3	9	4	6		
						3	7	
		8		5	1			
	7	5			3	4	6	
	3		6	4		1		7
5		6			7			2
		3	2		5		9	
	1		4			5	3	

Hard

5		7	4					
			6		9		8	
9						4		
	3		1			8		
	2		3		5		1	
		4			8		3	
		8						2
	5		2		6			
				4	7		6	

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

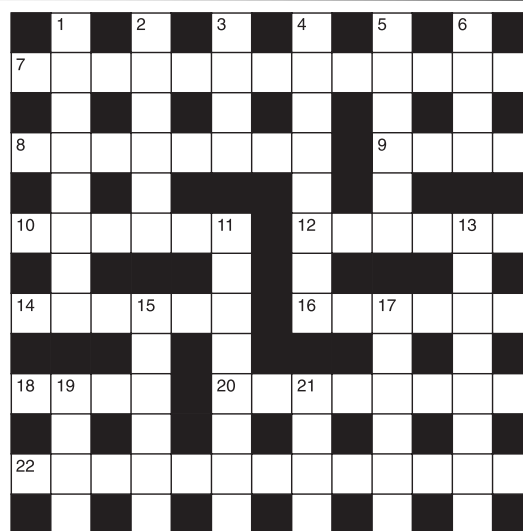
Cryptic

Across

- Unconcealed statistics for well-known personalities (6,7)
- Nervously tense, and I rest very badly (8)
- To knit something of great value, we hear (4)
- Unusually silent coves (6)
- To specify what the zodiac will show, we hear (6)
- To strive for higher things is a feature of the church (6)
- Setting the bait for half an hour with fish around (6)
- 8 & 6Dn. It's bound to be one in four! (4,4)
- He needs a different grade for capital cover (8)
- Showed military courtesy and gave charitable gifts, one hears (9,4)

Down

- Rifle parts showing the extremities of the target? (4,4)
- Either unite or separate violently (6)
- I study something of sacred esteem (4)
- The return to calm weather is an unexpected advantage (8)
- Disturbance caused by a strange cat, one hears (6)
- See 18 Across.
- Notice an object boiling (8)
- An arresting character in Paris (8)
- Being mischievous, I'm getting ship wrecked (6)
- Does he keep his accounts in a scrapbook? (6)
- In time I revisited the country (4)
- Sounds like a meadow on the sheltered side (4)



Scribble pad

Quick

Across

- Famous people (6,7)
- Taut (8)
- Knitting stitch (4)
- Fjords (6)
- Allot (6)
- Hope (6)
- Tempting (6)
- Jump (4)
- Hat, e.g. (8)
- Saluted with weapons (9,4)

Down

- Rifle parts (4,4)
- Split (6)
- Holy image (4)
- Instance of good fortune (8)
- Commotion (6)
- Length of time (4)
- Foaming (8)
- French policeman (8)
- Mischievous (6)
- Waste dealer (6)
- Ireland (4)
- Sheltered (4)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

5		8		8		18	11	3	21	7
18	17	12	7	2	13	17		3		3
	5		2			6		21	17	15
26	17	2				10	9	21	14	
	18					3		3		9
8	22	5	11	3	3	2		21	22	2
		7				17			4	
7	20	7	18	8		19	17	10	10	3
26		16		17			2			9
9				26	7	21	8	9	24	15
10	17	8	8	7		18			10	4
	9			1		17	25	15	7	3
15	1	24	17	2		14			23	10

ABCDEFGHIJKLMNOPQRSTUVWXYZ

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

8 words - average; 12 words - good; 16 words - very good; 20 or more - excellent.

I	T	V
I	E	S
I	C	M

Quiz

- Peter Krause and Angela Bassett are among the stars of which new US police procedural drama on Sky Witness?
- For what sort of sweet is the French town of Montélimar famous?
- Which wind instrument was invented by Adolphe Sax?
- What is the capital of Western Australia?
- Which entrepreneur founded the Virgin brand as a mail order record business in 1970?
- What name is given to



Q1 - Angela Bassett

- rain that has absorbed sulphur dioxide and nitrogen oxide from the atmosphere?
- What is the highest mountain in the Alps?
 - Which five-line form of comic verse was popularised by Edward Lear in the 19th century?
 - Of which African country is Accra the capital?
 - Which American actor starred in On the Waterfront, The Godfather and Apocalypse Now?

LAST WEEK'S SOLUTIONS

Pathfinder

Mrs Henderson Presents, Skyfall, My Week with Marilyn, Philomena, Jane Eyre, Wetherby, Pride and Prejudice, A Handful of Dust, Ladies in Lavender, The Shipping News, Iris, Jack and Sarah, Shakespeare in Love, Dead Cert, Notes on a Scandal, Chocolat, Tea with Mussolini, A Study in Terror

Quiz

- Falling in Love; 2 Copper and zinc;
- Innsbruck; 4 Saul; 5 Marilyn Monroe;
- 32; 7 Bowes-Lyon; 8 Brasilia;
- Saturn; 10 Advocat.

Two-Speed Crossword

Across: 1 Acts; 8 Appreciate; 9 Interest; 10 Code; 12 Fenced; 14 Relish; 15 Tourer; 17 Furore; 18 Etui; 19 Performer; 21 Stagnation; 22 Side. Down: 2 Counted out; 3 Sage; 4 Append; 5 Better; 6 Circular; 7 Bede; 11 Distracted; 13 Carriage; 16 Repeat; 17 Fervid; 18 Erse; 20 Owns.

Wordsquare MONOLOGUE

Sudoku

4	1	9	3	8	7	2	6	5
7	3	8	5	2	6	1	9	4
5	2	6	4	1	9	8	3	7
3	8	7	6	4	5	9	1	2
9	6	5	1	3	2	4	7	8
1	4	2	9	7	8	3	5	6
6	7	1	8	9	4	5	2	3
2	9	4	7	5	3	6	8	1
8	5	3	2	6	1	7	4	9

Split Decision

B	L	A	S	T
I	R			O
T	I	G	H	T
E		U		A
S	T	E	E	L

Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13
Q	W	V	P	B	L	O	K	R	D	C	N	A
14	15	16	17	18	19	20	21	22	23	24	25	26
Y	E	S	J	T	Z	H	M	U	G	X	I	F

THURSDAY, SEPTEMBER 6, 2018 ESSEXLIVE.NEWS/PROPERTY

PROPERTY & LIVING

**BUG'S LIFE**

Our interior
ideas this week
are the bee's
knees

PAGE 37

NEW ORDER

Redesigned home offers spacious living in modern Harlow home. PAGES 2&3



HOT HOUSE



HOME MAKES VERY BEST OF THE SPACE



This Harlow home has been rearranged to create a huge master bedroom and it has just arrived on the market in a much sought-after area

Located in Paddock Mead, this former four bedroom – and now three bedroom – home has been reworked to make the very best of the space available. The ground floor of this family home includes an entrance hallway leading to a large lounge/diner.

The kitchen has a range of fitted wall and base units, is stylish throughout and a cloakroom/WC makes up the rest of the ground floor.

Moving to the upstairs of the house you will find the three bedrooms and a family bathroom, along with the large master bedroom and the two remaining bedrooms that are also good sizes.

The rear garden is made up of a lawn area as well as a patio that is perfect for hosting during the sunny weather.

It also overlooks Parndon Wood Nature Reserve while, to the front of the property, there is a driveway with a garage located to the side.

The sought-after area of Paddock Mead is on the south side of Harlow and is close to plenty of shops and local schools.

Harlow town centre is just a short drive away and Harlow Town train station, with links to London Liverpool Street, is only 2.5 miles away.

The A414, as well as the M11, is also a short distance away, making this the perfect place for families to enjoy a range of activities, both close to home and further afield.

For more information contact Reyland Johnson Estate Agents on 01279 949094.

SELLING POINTS

Address... Paddock Mead, Harlow
USP... Three/Four Bedrooms, Garage & Driveway, Quiet Cul-de-Sac, Well Presented, Link Detached Home, Ground Floor WC, Popular Location, EPC Rating: D

Price... £400,000

Agent... Reyland Johnson
Estate Agents on 01279 949094



YOUR HOME



Ditsy floral double duvet set, £18, Morrisons Home

Coming up roses... Pretty as a picture, this 100% cotton bedding is great value for money



Ditsy floral cushion, £6, Morrisons Home

Want your bedroom in full bloom? Dress the bed up with a couple of matching cushions



Hometime round geometric wall clock (30.5cm), £14.99, Very

With so many demands on students' time, a clock should be in every student's edit - and why not make it a stylish one? We love these happy hands with a wash of colour.



VAGGIS noticeboard, £4.95 (58 x 39cm), KVISSLE letter tray, £19, SKADIS containers, from £2 each, Ikea
Why not go one step further than a desk tidy, and create a mini study area with these brilliant basics from Ikea? The cork noticeboard is lightweight and easy to hang, while the other bits and bobs will hold all your studying essentials

Don't leave decking the halls (of residence) until the last minute. **SAM WYLIE-HARRIS** sources some stylish, and practical, home comforts

A fresher look for your room

Student room featuring products from the Back to College Geo bedroom collection at Wilko



In just a couple of weeks university students will be flying the nests for the 'big move' - but while there's a lot to think about, pimping up their pad and styling their space deserves serious consideration.

After all, a few home comforts can go a long way when you're miles from your old bedroom, and settling into a new routine of lectures and deadlines.

So, for those looking to add a touch of personality to their new space and make their halls of residence room more welcoming, we've hunted down some decorative and practical pieces to help them feel right at home...



Sainsbury's home chalk memo board, £15, Sainsbury's (in larger stores nationwide)
With so many student socials (and assignment deadlines, of course), this diary planner could be their new best friend.



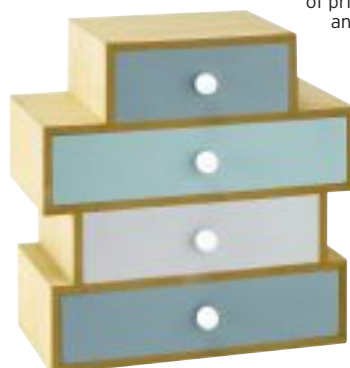
Lavazza A Modo Mio Tiny, £49, Lavazza.co.uk
Bring café society home with Lavazza's latest model, which at a cute 29cm tall and 12cm wide will squeeze into the tiniest space. And let's face it, by the time you've saved on all those pricey espresso shots, the machine will have paid for itself. It has quick and easy frontal capsule loading and no mess



Grey striped laundry bag, £10, Wilko
Make wash day less of a chore with this lightweight laundry bag. Rope handles mean you can hang it on the back of the door so it takes up less floor space



Luxury velvet personalised planner by Thebridge & Taylor, £45, notonthehighstreet.com
If you're lucky enough to be presented with this gorgeous A4 hardback notebook, it'll be a stylish reminder that you'll be missed at home. Worthy of pride of place on any desk



Wooden drawers, £10, Morrisons Home
If their new room is short on drawer space, or they just need somewhere neat to keep jewellery, make-up and tiny treasures, this compact four-drawer unit will come in super handy



Morphy Richards microwave cookware MICO egg poacher, £29.99, toasted sandwich maker, £29.99, and jacket potato maker, £29.99, Amazon
Midnight snacks, toasties, jacket potatoes with melted cheese - relying heavily on a microwave needn't mean meals are lacklustre. Morphy Richards' new MICO high-tech cookware range provides an easy solution for whipping up firm favourites



Sainsbury's home rural retreat 3-pack knives, £10, Sainsbury's (in larger stores nationwide)
A cut above the rest, this trio of knives set looks sharp and will meet all their cooking needs

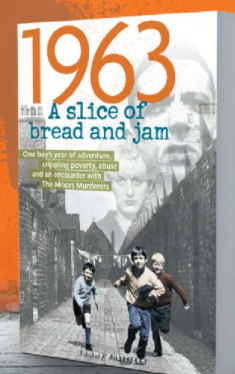
Small cacti in crackle pot, currently reduced to £7.60 from £9.50, Marks & Spencer
Contemporary and right on trend, create some positive and calming vibes with this sassy succulent

Tommy task lamp (H38.5cm x W12cm), £12, Matalan
Don't put up with dingy lighting; that essay deserves to be in the spotlight.

What do you do when home is as dangerous as the streets?



From the derelict terraces of Manchester's Hulme comes this gripping story of one boy's year of adventure, laughter, crippling poverty, abuse and an encounter with The Moors Murderers



Mirror Books

Available from www.mirrorcollection.co.uk or call 0845 143 0001 £7.99, £1 UK p&p, lines open 9am-5pm Monday-Friday. Also available in all good bookshops

Paperback • Audiobook • ebook



HOME STYLE

EARN YOUR STRIPES

Black and white is beautiful and timeless, and for a modern twist, add an extra colour to give the room depth and interest, writes **OCTAVIA LILLYWHITE**



White tables, £119 for two, Danetti.com

Throw, £20, Matalan (matalan.co.uk)



Bowl, £12, Debenhams (debenhams.com)

* Prices correct at time of going to print. Offers available while stocks last

Striped vase, £28, House Of Fraser (houseoffraser.co.uk)



Siena Corner Sofa, £549.99, Argos (argos.co.uk)



Chair, £280, Alexander and pearl. co.uk



Faux flowers, £2.50, Wilko (wilko.com)



Jangel cushion, £29.78, Maisons d'umonde. com



Framed logo, £39.99, Getting personal. co.uk



Cushion, £12, Argos



Woodcut birches wall art, left, £59.95, Juniqe.co.uk

Rug, above, from £80, Matalan

Lemon and lines: Pops of yellow - or another colour - add to classic black and white stripes
Picture credit: English Blinds



moving home?

search hundreds of local properties

harlowstar.co.uk/property

SHOP HOME

Right: Canvas insects prints by Wonderbold, £199 each, limelace.co.uk

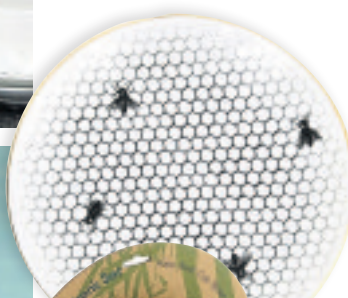


Above from top: Entomology Blue, £150, by Mindthegap, Roseandgrey.com; Free to Fly wallpaper, £65, HattieLloyd.com; Bugs mobile £4.95, Rexlondon.com
Right: Bambino biodegradable bamboo five-piece set dining set, £14.95, arthurprice.com

*All prices correct at time of going to press

Bug your home

After a long hot summer you may be tired of insects, but **DAN BEAVAN** is determined to change your minds



Left: Rory Dobner Bees All Over plate, small, £36, Amara

Right: Berry and Butterfly enamel jug, £10, Tesco



Above: Dragonfly cushion, £13, B&Q

Above: Minton Hollins cream crackle engraving dragonfly tile, £72.79 per box, topptiles.co.uk

Right: Enamel multi-insect ecology mug, £10, [Natural History Museum](http://NaturalHistoryMuseum)



...CHIC BATIK DESIGNS



SUPER BOWLS

Shaker print stoneware bowl, Batik print stoneware bowl, Yellow Daisy stoneware bowl, £5.95

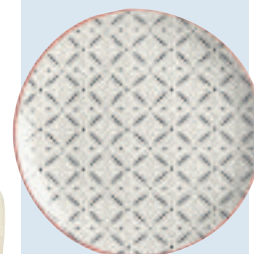
Rexlondon.com



INDIGO CRAZY

Akina indigo rug, from £425

modern-rugs.co.uk



GREY MATTERS

Maxwell & Williams Boho plate in batik grey, £8.95

creative-tops.com



SOFT SPOT

Brown and orange African batik cushion by Urbanknit, £28.24

en.dawanda.com

REYLAND JOHNSON RJ

ESTATE AGENTS - SALES & LETTINGS



STUNNING HOME



WESTBURY RISE, CHURCH LANGLEY £585,000

- Four Bedrooms
- Two Receptions
- Kitchen/Family Room
- Conservatory
- Detached House
- Double Detached Garage
- Immaculate Home
- EPC Rating: D

NEW



MONKSBRURY, HARLOW

£350,000

- Three Bedrooms
- Lounge/Diner
- Garage & Driveway
- Popular Location
- Semi Detached Home
- Conservatory
- Cul-De-Sac Location
- EPC Rating: TBC

CHAIN FREE



Glebelands, Harlow

£499,995

- Three Double Bedrooms
- Garage & Driveway
- Chain Free
- Premier Location
- Detached Home
- Conservatory
- Quiet Cul-De-Sac
- EPC Rating: TBC



Sparrowhawk Way, Newhall

£425,000

- Three Bedrooms
- Two Receptions
- Kitchen/Diner
- Private Garden
- Detached Home
- En-Suite Shower
- Driveway To Side
- EPC Rating: B



Sunny Croft, Harlow

£424,995

- Five Bedrooms
- Two Receptions
- Utility Room
- Two En-Suite Shower Rooms
- Detached House
- Driveway For 4/5 Cars
- Westerly Garden
- EPC Rating: E



STOCKSFIELD, KELVEDON HATCH

- Four Bedrooms
- Garage & Driveway
- Two Receptions
- Popular Location
- Detached Home
- Well Presented
- Modern Fitted Kitchen
- EPC Rating: TBC

£550,000



CHELSEA GARDENS, CHURCH LANGLEY

- Six Bedrooms
- Two Receptions
- En-Suite Shower
- Garage & Drive
- Utility & W.C
- Riptide Swim Spa
- EPC Rating: TBC

£549,995



THE CHASE, NEWHALL

- Four Bedrooms
- Two Receptions
- Stunning Home
- Garage & Parking
- End Terrace
- Two Bathrooms
- Kitchen/Bkft Room
- EPC Rating: C

£450,000



TICKENHALL DRIVE, CHURCH LANGLEY

- Four Bedrooms
- Kitchen/Diner
- Popular Location
- Garage & Driveway
- Detached Home
- En-Suite Shower
- Westerly Garden
- EPC Rating: D

£434,995



PADDOCK MEAD, HARLOW

- Three/Four Bedrooms
- Garage & Driveway
- Quiet Cul-de-Sac
- Well Presented
- Link Detached Home
- Ground Floor WC
- Popular Location
- EPC Rating: D

£400,000



CHAIN FREE

DENBY GRANGE, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- En-Suite Shower Room
- Chain Free
- Detached House
- Garage & Driveway
- Popular Location
- EPC Rating: D

£367,500

t: 01279 216216

e: info@rjestateagents.co.uk



NEW

MANOR ROAD, OLD HARLOW £359,995

- Three Bedrooms
- Two Receptions
- Long Gardens
- CHAIN FREE
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: E



NEW

TICKENHALL DRIVE, CHURCH LANGLEY £269,995

- Two Bedrooms
- Two Parking Spaces
- Kitchen/Diner
- Popular Location
- Middle Terrace
- Well Presented
- Quiet Cul-De-Sac
- EPC Rating: TBC



CHAIN FREE

Malkin Drive, Church Langley £399,995

- Four Bedrooms
- Kitchen/Diner
- En-Suite Shower
- CHAIN FREE
- Semi Detached
- Town House
- Garage & Parking
- EPC Rating: C



Mulberry Green, Old Harlow £364,995

- Two Bedrooms
- Modern Kitchen
- Open Plan Living
- Parking Area
- End Of Terrace
- Pretty Cottage
- Private Location
- EPC Rating: B



CHAIN FREE

Wooding Grove, Harlow £289,995

- Three Bedrooms
- Kitchen/Diner
- CHAIN FREE
- Current HMO
- Semi Detached
- 40ft Garden
- Close To Town
- EPC Rating: TBC



MALKIN DRIVE, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- Cloakroom/WC
- Garage & Driveway
- End Of Terrace
- En-Suite Shower Room
- Popular Location
- EPC Rating: C

£350,000



SWALLOWS, OLD HARLOW

- Three Bedrooms
- Lounge/Diner
- Cloakroom/WC
- Garage & Driveway
- Terraced House
- Close To Amenities
- Popular Location
- EPC Rating: D

£314,995



CHAIN FREE

LODGE HALL, HARLOW

- Three Bedrooms
- Lounge/Diner
- Kitchen/Diner
- Chain Free
- Semi Detached
- Ground Floor WC
- Popular Location
- EPC Rating: TBC

£309,995



CHAIN FREE

WESTFIELD, HARLOW

- Three Bedrooms
- Driveway
- Lounge/Diner
- Chain Free
- Middle Terrace House
- Utility Room
- Popular Location
- EPC Rating: TBC

£280,000



CHAIN FREE

THE GARDINERS, CHURCH LANGLEY

- Two Bedrooms
- CHAIN FREE
- Two Parking Spaces
- Well Presented
- Middle Terrace
- Southerly Garden
- Cul-De-Sac Location
- EPC Rating: TBC

£280,000



GREAT AUGER STREET, NEWHALL

- Two Bedrooms
- Lounge/Diner
- Sun Room
- En-Suite Shower Room
- Duplex Apartment
- Top Floor (2nd)
- Allocated Parking
- EPC Rating: C

£265,000

t: 01279 216216

e: info@rjestateagents.co.uk

REYLAND JOHNSON

ESTATE AGENTS - SALES & LETTINGS



NEW



WHITEAITS, HARLOW £314,995

- Three Bedrooms
- Modern Kitchen
- Cloakroom/WC
- Ground Floor Extension
- Terraced House
- Double Driveway
- Popular Location
- EPC Rating: C

NEW



TICKENHALL DRIVE, CHURCH LANGLEY £274,995

- Two Bedrooms
- Kitchen/Bkfst Room
- Recent Bathroom
- Parking for 2
- Middle Terrace
- Cul-De-Sac Spot
- Southerly Garden
- EPC Rating: C

CHAIN FREE



Milwards, Harlow

£239,995

- Three Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Chain Free
- Terraced House
- Ideal Investment
- Potential To Improve
- EPC Rating: C



Crossbill Way, Newhall

£274,995

- Two Bedrooms
- En-Suite Shower Room
- Open Plan Living
- Own Balcony
- Apartment
- Ground Floor
- Allocated Parking
- EPC Rating: B

CHAIN FREE



Peterswood, Harlow

£159,995

- One Bedroom
- Lounge/Diner
- Immaculate
- CHAIN FREE
- First Floor
- Apartment
- Communal Gardens
- EPC Rating: D



PRIORY COURT, HARLOW

- Two Bedrooms
- Lounge/Diner
- Balcony
- Garage En-Bloc
- Private Apartment
- First Floor
- Modern Kitchen
- EPC Rating: C

£229,995



CHAIN FREE

CHELSEA GARDENS, CHURCH LANGLEY

- Two Bedrooms
- Allocated Parking
- Balcony
- Chain Free
- Second Floor Apartment
- Lounge/Diner
- Popular Location
- EPC Rating: C

£220,000



PRIORY COURT, HARLOW

- Two Bedrooms
- Lounge/Diner
- Balcony
- Garage En-Bloc
- Private Apartment
- Top Floor
- Well Presented
- EPC Rating: TBC

£219,995



COALPORT CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Allocated Parking
- Lounge/Diner
- First Floor
- Apartment
- Popular Location
- Communal Garden
- EPC Rating: C

£215,000



ALEXANDRA ROAD, NEWHALL

- Two Bedrooms
- Allocated Parking
- Open Plan Kitchen/Diner
- First Floor
- Apartment
- Popular Location
- Large Loft
- EPC Rating: B

£209,995



RED WILLOW, HARLOW

- Two Bedrooms
- Well Presented
- Lounge/Diner
- Juliette Balcony
- First Floor Apartment
- CHAIN FREE
- Popular Location
- EPC Rating: C

£189,995

t: 01279 216216

e: info@rjestateagents.co.uk

TO LET



DADSWOOD, HARLOW **£825 P.C.M**

- Two Bedrooms
- Lounge/Diner
- Recently Redecorated
- Available Now
- Apartment
- Top Floor
- Unfurnished
- EPC Rating: C

TO LET **NEW**



TURVIN CRESCENT, HARLOW **£1,200 P.C.M**

- Two Bedrooms
- Modern Property
- Integrated Appliances
- Own Balcony
- Top Floor Apartment
- Garage & Parking
- Unfurnished
- EPC Rating: TBC

TO LET **NEW**



Regency Court, Harlow **£750 P.C.M**

- One Bedroom
- Lounge/Diner
- Furnished
- Available Now
- First Floor Flat
- Allocated Parking
- Popular Location
- EPC Rating: B

TO LET



Dovehouse Croft, Harlow **£1,150 P.C.M**

- Three Bedrooms
- Lounge/Diner
- Unfurnished
- Long Garden
- End Of Terrace
- Available 1st October
- Close To Shops
- EPC Rating: E

TO LET



Challinor, Church Langley **£1,300 P.C.M**

- Three Bedrooms
- Kitchen/Diner
- Unfurnished
- Garage & Parking
- Semi Detached
- Conservatory
- Available early OCT
- EPC Rating: D

TO LET



STAFFORD MANSIONS, LONDON

- Two Bedrooms
- Two Receptions
- Courtyard Garden
- Available Early Sept
- Ground Floor
- Prestigious Apartment
- Unfurnished
- EPC Rating: D

£2,250 P.C.M

TO LET



BENTLEY DRIVE, CHURCH LANGLEY

- Two Double Bedrooms
- Kitchen/Diner
- Available Mid September
- Two Parking Spaces
- End Terrace
- Unfurnished
- Quiet Cul-De-Sac
- EPC Rating: TBC

£1,050 P.C.M

TO LET



SHERWOOD HOUSE, BUSH FAIR

- Two Bedrooms
- Available October 2018
- Modern Kitchen
- Close To Shops
- Second Floor Apartment
- Lounge/Diner
- Unfurnished
- EPC Rating: D

£825 P.C.M

TO LET **NEW**



COMMONSIDE ROAD, HARLOW

- One Bedroom
- Newly Fitted Kitchen
- Modern Bathroom
- Recently Re-Decorated
- First Floor
- Unfurnished
- White Goods Available
- EPC Rating: TBC

£725 P.C.M

TO LET



SHERARDS ORCHARD, HARLOW

- One Double Bedroom
- Available NOW
- Lounge/Diner
- Juliette Balcony
- Ground Floor Apartment
- Unfurnished
- Popular Location
- EPC Rating: D

£725 P.C.M

TO LET



NICHOLLS FIELD, HARLOW

- One Bedroom
- Modern Kitchen
- Recently Decorated
- Available Beg September
- Fifth Floor
- Unfurnished
- Fees Apply
- EPC Rating: C

£725 P.C.M



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CENTURION

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SCHOOL LANE, HARLOW

£775,000

- FOUR BED DETACHED
- CHALET BUNGALOW
- GARAGE/WORKSHOP
- WITHIN HARLOW TOWN PARK
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- EN-SUITE GUESTROOM
- INTERNAL PHOTOS ONLINE



SILVESTERS, HARLOW

£360,000

- THREE BED SEMI
- OUTSKIRTS OF HARLOW
- OPEN PLAN LIVING AREAS
- GARAGE & DRIVEWAY
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



ASHWORTH PLACE, CHURCH LANGLEY

£525,000

- 4 BED DETACHED
- GARAGE & DRIVEWAY
- IMMACULATE CONDITION
- SOUGHT AFTER LOCATION
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE



LONGFIELD, HARLOW

£335,000

- FOUR BED END TERRACE
- FOUR DOUBLE BEDROOMS
- LARGE EXTENSION
- LUXURY FITTED KITCHEN
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE



ELWOOD, CHURCH LANGLEY

£430,000

- THREE BED DETACHED
- GARAGE & DRIVEWAY
- DESIRED AREA
- MODERN KITCHEN
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE



COWLINS, OLD HARLOW

£259,950

- TWO BEDROOM FLAT
- FIRST FLOOR
- CARPORT
- PRIVATE GARDEN
- GAS HEATING
- POPULAR LOCATION
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



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www.centurionproperty.co.uk





STAFFORDS, CHURCHGATE STREET

Guide price £850,000

Geoffrey Matthew Estates are delighted to present this superb detached home set in one of the most sought after locations in Churchgate Street Village. Benefitting from a double storey extension, the accommodation now includes four bedrooms, three reception rooms and three bathrooms. Offering ample frontage with double garage and off street parking for multiple vehicles. The property also enjoys a generous and beautifully landscaped rear garden. Within close proximity to amenities and the highly regarded St Nicholas School, this property would make an ideal family home.

- Detached Home
- Sought After Location
- Beautifully Landscaped Rear Garden
- Double Garage
- Four Bedrooms
- Three Bathrooms
- Annexe Potential
- Security Camera & Alarm Systems



PEAR TREE MEAD

£279,995

- Three bedrooms
- Mid-terrace home
- Recently landscaped rear garden
- Well presented property
- Gas central Heating/Double glazing
- Freehold Tenure



Sawbridgeworth

£489,950

- Three Bedroom Bungalow
- Semi-Detached
- Modern Fitted Kitchen
- Lounge 13'7" x 18'11"
- Separate Dining Room
- En-Suite to Bedroom Two
- Off Street Parking



SPRINGHILLS

£210,000

- Two Bedroom Ground Floor Maisonette
- Lounge Diner
- Ideal Investment or First Time Buy
- Fitted Kitchen & Bathroom
- Close to Train Station & Hospital
- NO ONWARD CHAIN



JOYNERS FIELD

£155,000

- Second Floor Flat
- Security entry system
- Lift to all floors
- Large lounge/diner
- Double sized bedroom
- Walking distance to Staple Tye shopping centre
- Close to local schooling
- NO ONWARD CHAIN



QUARRY SPRING

£274,995

- Three Bedroom Family Home
- Kitchen
- Separate Utility Area
- Lounge
- Good Size Rear Garden
- Gas Central Heating
- Close to All Amenities



Mark Hall Moors

£310,000

- Three Bedroom Family Home
- Cul-De-Sac Location
- Approx 100ft Rear Garden
- Modern Fitted Kitchen Breakfast Room
- Lounge 23'8" x 10'11"
- Well Presented Throughout
- Popular Location



MILL COURT

Price guide £280,000

- Two bedrooms
- En-Suite to Master bedroom
- Double Glazed
- Electric heaters
- Spacious accommodation
- Phone entry system
- Large open view Sun Terrace
- Stunning views



WINDMILL FIELDS £1'200 PCM

- Three Bedroom Family Home
- Newly Decorated
- New Kitchen
- EPC Rating C
- Close To Shops And Schools
- Off Street Parking For One Vehicle
- Easy access to the M11 & Harlow Mill
- Available Now
- * Admin Fees Apply

NEW LISTING



RYECROFT £1'200 PCM

- Three Bedrooms
- Utility Room
- Conservatory
- Gas Central Heating
- EPC Rating C
- Available Mid September
- * Admin Fees Apply

NEW LISTING



CANNONS GATE £1000 PCM

- Two Bedroom House
- Modern Property
- * Admin Fees Apply
- Available End September
- EPC Rating C
- Unfurnished
- Close To Hospital

NEW LISTING



TANYS DELL £995 PCM

- Three Bedroom Flat
- Unfurnished
- Ground Floor
- Gas Central Heating
- EPC Rating D
- * Admin Fees Apply
- Available Now

NEW LISTING



DADS WOOD \$950 PCM

- First Floor Apartment
- Refurbished
- New Kitchen/Bathroom
- * Admin Fees Apply
- Walking Distance To Hospital
- Next To Town Centre
- EPC Rating B
- Available Now

NEW LISTING



CLIFTON HATCH £820 PCM

- One Bedroom Apartment
- Ground Floor
- Garden
- Modern Property
- * Admin Fees Apply
- EPC Rating C
- Must Be Viewed
- Available End September

NEW LISTING



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Client Account**



IMPORTANT INFORMATION:

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- Rent guarantee insurance
- Extensive written and photographic inventories
- Fully referenced tenants
- First class customers service





HOME ADVICE

With Alex Neill of Which?

UPSTAIRS, DOWNSTAIRS

Whether you are buying or selling, the value of any property could plummet if the bathroom is on the ground floor

The recent interest rate rise by the Bank of England was just 0.25%. But that – and with some forecasting more increases to come – has been enough to put many people off buying and selling property.

According to AA Financial Services, one in four who had intended to move are now dissuaded by higher borrowing costs.

For many, the alternative to move is to improve. Selling and buying a property with all the taxes, legal and other fees, plus probably taking on a bigger loan is a pricey business.

You may be able to stretch your home upwards or sideways or build a garden room or just make better use of the existing space.

It's worth spending money if it means avoiding moving – especially if your remodelled home will fit your needs for years to come.

But there's one possible home improvement you should definitely avoid. Having a downstairs bathroom could slash more from the value of your home than it costs to build and make the property harder to sell.

New figures from Direct Line Home Insurance reveal having the family bathroom downstairs can wipe



You're laughing if you have an upstairs bathroom

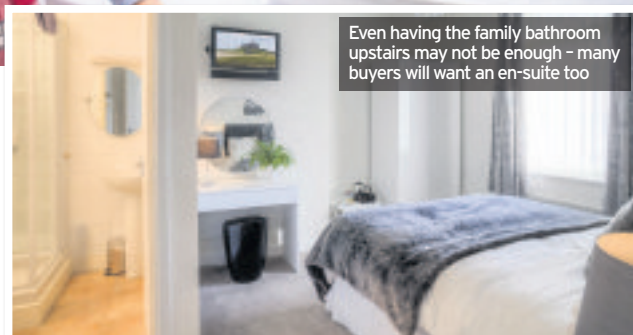


thousands from the sale value of a property. People want a bathroom near their bedrooms.

If you already have one upstairs, an increasing number of property buyers now demand a second bathroom en-suite.

Estate agents say a downstairs bathroom can plunge a property's value by as much as 6%, which would amount to £13,580 off the average UK property compared to properties with an upstairs family bathroom.

As many as 23 million adults, Direct Line says,



Even having the family bathroom upstairs may not be enough – many buyers will want an en-suite too

would not even look at a home with a downstairs bathroom – the main exception are those with mobility problems who cannot climb stairs.

Downstairs bathrooms are usually found in older properties and accessed through the kitchen.

They are often seen as cheap conversions – but older folk may remember homes without bathrooms where there was a weekly wash in a tin

tub by the fire – sometimes with more than one family member sharing the water!

Estate agents say the expense of relocating a downstairs bathroom upstairs could more than pay for itself should you want to sell.

Bathroom quality is important when trying to sell a property too, according to nine out of 10 estate agents.

One in three say it is the top factor.

TOP TIPS

1. Use a poor quality or outdated bathroom to bargain prices down if you are buying. Find out what a new set-up would cost. You might consider underfloor heating.

2. Separate toilets increase the value of a property.

3. Don't forget to notify home insurers if you are having substantial building works such as a new bathroom. Besides possible damage, there is an added security risk if you can't lock your home.

4. Check home improvement builders have insurance against any mishap in your property, that they are qualified and registered with a recognised governing body, and there is a contract in place.

5. Ensure builders know local regulations to ensure renovations meet building and fire rules.

6. Notify neighbours of any improvement work, so they won't be surprised by the noise and other activity. Sort out any issues over party walls – walls you share with next door – before you start.



Moving the bathroom upstairs will add value

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NEW ON

£229,995
MARIGOLD PLACE, OLD HARLOW
• Two Bedrooms • Close To Station
• Second Floor • Allocated Parking
• Long Lease • EPC Rating: C



NEW ON

£230,000
AYNSLEY GARDENS, CHURCH LANGLEY
• Two Bedrooms • First Floor
• Allocated Parking • Kitchen/Diner
• Long Lease • EPC Rating: C



CHAIN FREE

£250,000
COWLINS, OLD HARLOW
• Two Bedrooms • Ground Floor Maisonette
• Cart Lodge Parking • Chain Free
• Private Cul-De-Sac • EPC Rating: C



MUST VIEW

£299,995
HULL GROVE, HARLOW
• Three Bedroom • Kitchen/Diner
• Ground Floor Wc • End Of Terrace
• Backing On To Fields • EPC Rating: TBC



HIGH SPEC

OIEO £330,000
MALKIN DRIVE, CHURCH LANGLEY
• Three Bedrooms • High Specification
• Terraced Home • Driveway Parking
• Fully Refurbished • EPC Rating: C



CHAIN FREE

£334,995
MORLEY GROVE, HARLOW
• Four Bedrooms • Updating Needed
• End Terrace • Chain Free
• Two Bathrooms • EPC Rating: TBC



NEW ON

£350,000
MALKIN DRIVE, CHURCH LANGLEY
• Three Bedrooms • Two Receptions
• End Terrace • En Suite & WC
• Garage & Parking • EPC Rating: TBC



TOWN HOUSE

£360,000
MORLEY GROVE, HARLOW
• Four Bedrooms • Close To Town
• End Of Terrace • Popular Location
• Two Bathrooms • EPC Rating: D



NEW ON

£365,000
BENTLEY DRIVE, CHURCH LANGLEY
• Three Bedrooms • Two Bathrooms
• Semi Detached • Garage & Driveway
• Conservatory • EPC Rating: C



TWO PARKING

£375,000
PERRY LANE, NEWHALL
• Three Bedrooms • Downstairs WC
• High Spec Kitchen • Off Street Parking For Two
• En Suite To Master • EPC Rating: B



PARKING

£385,000
BELFIELD GARDENS, CHURCH LANGLEY
• Four/Five Bedrooms • Two Bathrooms
• Kitchen/Diner • End Terrace
• Driveway • EPC Rating: D



PARKING

£399,995
BROADFIELD, HARLOW
• Three Bedrooms • Lots Of Potential
• Semi Detached • Semi Detached
• Cloakroom • EPC Rating: TBC



FIVE BED

OIRO £400,000
AYNSLEY GARDENS, CHURCH LANGLEY
• Five Bedrooms • Modern Kitchen
• Semi Detached • Three Bathrooms
• Garage & Driveway • EPC Rating: TBC



DETACHED

£425,000
ALBERT GARDENS, CHURCH LANGLEY
• Four Bedrooms • Utility Room
• Detached • Ensuite To Master
• Garage & Driveway • EPC Rating: TBC



CHAIN FREE

£435,000
COPSE HILL, HARLOW
• Four Bedrooms • Downstairs W.C
• Semi Detached • Garage & Driveway
• Two Receptions • EPC Rating: TBC



NEW ON

£535,000
NEW ROAD, OLD HARLOW
• Four Bedrooms • Two Bathrooms
• Garage & Parking • Semi Detached
• Immaculately Presented • EPC Rating: TBC



BRAND NEW

£695,000
NEW POND STREET, NEWHALL
• Four Bedrooms • Detached House
• Three Bathrooms • High Specification
• Off Street Parking • CAT 6 Wiring Throughout



NEW ON

£800,000
DACRES GATE, FYFIELD
• Five Bedrooms • Four Bathrooms
• Gated Development • Mid Terrace
• Car Port & Gardens • EPC Rating: C



CHAIN FREE

£895,000
EASTWICK, HERTFORDSHIRE
• Grade II Listed House • Village Location
• Five Bedrooms • Elegantly Restored
• Three Reception Rooms • Just A Mile To The Station



NEW ON

£1,750,000
COPTHALL GREEN, UPSHIRE
• Detached Farmhouse • Paddocks & Barns
• Six Bedrooms • Recently Modernised
• Countryside Views • Semi-Rural Setting



Reduced

£700 PCM
JEROUNDS, HARLOW
• One Bedroom • Available Early September
• Ground Floor • Other Fees Apply
• Close To Amenities • EPC Rating: C



MUST VIEW

£800 PCM
KITSON WAY, HARLOW
• One Bedroom • Available End August
• Modern Specification • Other Fees Apply
• Second Floor • EPC Rating: B



MUST VIEW

£950 PCM
MORLEY GROVE, HARLOW
• Two Bedrooms • Available Early September
• Split Level Reception • Other Fees Apply
• Balcony • EPC Rating: E



MUST VIEW

£1,000 PCM
DAVENPORT, CHURCH LANGLEY
• Two Bedrooms • Available Now
• Off Road Parking • Other Fees Apply
• Paved Rear Garden • EPC Rating: C



New On

£1,250 PCM
CHALLINOR, CHURCH LANGLEY
• Three Bedrooms • Available Mid September
• No Smokers / No Pets • Other Fees Apply
• Garage • EPC Rating: C

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01279 418888

lettings@hbproperty.co.uk

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Guardian are delighted to offer this first floor studio apartment in Barn Mead. This property benefits from a modern kitchen, gas heating and is close to shops and amenities. EPC - E. Available NOW!

£630 PCM

Barn Mead



Guardian are delighted to offer this one bedroom top floor flat on the outskirts of town in Church End. This property benefits from gas heating, spacious living throughout and is priced to let! EPC - C. Available NOW!

£675 PCM

Church End



Guardian are delighted to offer this well presented one bedroom, 4th floor flat in Edmunds Tower. This property is located at a stones throw away from Harlow town center and other amenities. Additionally benefiting from neutral decor throughout, gas central heating, Juliet balcony and ample storage. EPC - C. Available NOW.

£700 PCM

Edmunds Tower



Guardian are pleased to offer for rent this spacious one bedroom flat in the Staple Tie area of Harlow. The property benefits from large bedroom and lounge, modern bathroom, newly fitted double glazed windows and local to shops. The property is offered unfurnished with oven only. EPC - C. Available late September.

£700 PCM

Moorifeld



Guardian are delighted to offer this spacious one bedroom flat in The Hides, with in a short walk from Harlow Town Center. This property benefits from gas heating, large bed room space and is close to shops and amenities. EPC - C. Available NOW.

£725 PCM

The Hides



Guardian are delighted to offer this one bedroom, top floor flat in Parsonage Leys. This property benefits from gas heating, large living space and is close to local shops and amenities. EPC - D. Available late October.

£725 PCM

Parsonage Leys



Guardian are delighted to offer this ground floor flat in Dads Wood. This property benefits from permit parking, ground floor, neutral decor and is close to the town center. EPC - C. Available early September.

£730 PCM

Dads Wood



Great starter home - One bedroom end of terrace with parking available end September. Property comprising entrance hallway, open plan lounge and kitchen, stairs to first floor, storage cupboard, double bedroom and bathroom. Benefits from gas central heating, neutral decor and parking. EPC - C. Available late September.

£850 PCM

Coalport Close



Guardian are pleased to present this well maintained one bedroom end of terrace house in Church Langley. The property comprises entrance hallway, storage cupboard, open plan fitted kitchen, lounge with patio doors overlooking private rear garden, stairs to first floor, double bedroom, newly installed bathroom and storage. EPC - D. Move in October.

£850 PCM

Wedgewood Drive



COMING SOON
Guardian are offering this large two bedroom family home with rear garden. Awaiting EPC.

£850 PCM

Peacocks



Guardian are delighted to offer this two bedroom ground floor flat in the Lower Sheering area of Sawbridgeworth. Benefits include secure entry telephone system, large master bedroom, beautiful fitted kitchen with integrated appliances and patio doors opening on to patio area. An ideal home for a professional couple. EPC - D. Available NOW.

£900 PCM

The Meadows



Guardian are delighted to offer this two bedroom ground floor flat in the sought after area of The Hill, Old Harlow. This property benefits from having its own rear garden, good sized bedrooms and is close to local shops and amenities. EPC - D. Available late October.

£900 PCM

The Hill



Guardian are delighted to offer for rent this two bedroom mid terraced house in the popular area of Church Langley, Harlow. With neutral decor, private off street parking, modern bathroom suite and well maintained rear garden early viewing is recommended. EPC - C. Available late October.

£970 PCM

Heathcote Gardens



Guardian are delighted to offer this two bedroom terraced home in the popular location of Hadley Grange, Church Langley. This property benefits from one allocated parking space, garage, gas heating, rear garden and is catchment to Church Langley Primary School. EPC - C. Available early October.

£1000 PCM

Hadley Grange



Guardian are delighted to offer this immaculate three bedroom property in the outskirts of Harlow in Taylifers. This property benefits from a modern kitchen and bathroom, large living space throughout, gas heating and a rear garden. EPC - D. Available late September.

£1150 PCM

Taylifers



Guardian are delighted to offer this three bedroom house in the desirable area of Theydon Bois, a short walk to central line tube station. An ideal family home. Property comprising entrance hallway, downstairs WC, kitchen, lounge, three bedrooms and family bathroom. Benefits include garage, rear garden and gas central heating. EPC - D. Available NOW!

£1575 PCM

Theydon Bois

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GUARDIAN

01279 635685



Private Area

Guardian are delighted to offer an immaculate one bedroom flat in the sought after private area of Markwell Wood. Top floor, includes loft space. Recently refurbished through out. Includes parking space and close links to Epping and M11.
EPC: D

£165,000

Markwell Wood, Harlow



Price Reduction

Guardian are pleased to bring to the market this well proportioned Two Double bedroom Ground floor flat. The property is situated in close proximity to Harlow Town with its shops and amenities, there is use of a communal garden.
EPC: D

£187,995

The Downs, Harlow



Guardian are delighted to offer this immaculate two bedroom flat in the sought after private area of Bromley Close! Includes private parking, en suite, large bedrooms and living area! Second floor, UPVC double glazed through out and electric heating.
EPC: C

£229,995

Bromley Close, Harlow



Guardian are delighted to offer this 3 double bedroom well proportioned family home with garage. The property is in need of refurbishment, but is marketed with this in mind. Features include a recently replaced boiler and private Garage whilst the accommodation comprises 3 double bedrooms

£249,995

Brockles Mead, Harlow



Price Reduction

A usable loft space, two double bedrooms and a large garden. When are you able to view? A great starter home for any first time buyer to jump on the property ladder or if you are looking to downsize. In close proximity to local amenities as well as great primary schools.
EPC: E

£244,995

Primrose Field, Harlow



Guardian are delighted to offer for sale this end of terrace family home with easy access into North London! A three bedroom end of terrace.
EPC: D

£269,495

Taylifers, Harlow



Guardian are delighted to offer an immaculate three bedroom house in Sycamore Field. Three good sized bedrooms, modern fitted kitchen and bathroom. Close to local transport links and amenities. Double glazed through out with gas central heating.
EPC: E

£272,500

Sycamore Field, Harlow



New Instruction

Guardian are delighted to offer a three bedroom end of terrace house with driveway for two cars. Only a twenty minute walk to Harlow Town Station, close proximity to Princess Alexandra Hospital and town centre. Three good sized bedrooms downstairs WC.
EPC: D

£290,000

Rectory Wood, Harlow



Guardian are delighted to offer this Ideal property, close to local schools, shops and amenities. This well presented three bedroom family home benefits from a Driveway and large rear garden. The property is in good decorative order throughout.

£292,000

Wharley Hook, Harlow



Price Reduction

Guardian are delighted to offer for sale this extended four bedroom mid terrace property. Close to the town centre, hospital and walking distance to local schools. The property has the fourth bedroom down stairs with a wet room attached.
EPC: C

£299,999

Foldcroft, Harlow



New Instruction

Guardian are delighted to offer this recently renovated three bedroom mid terrace property with three Double bedrooms. The current owner has lovingly refurbished this property with a traditional feel.

£315,000

Quary Spring, Harlow



Guardian are delighted to offer this immaculate three bedroom end of terrace house in the ever popular quiet and private area of Markwell Wood. Benefits from having a large modern fitted kitchen, good sized rear garden with rear access and garage with parking.
EPC: C

£320,000

Markwell Wood, Harlow



Family Home

Guardian are delighted to offer this LARGE four bedroom semi-detached with drive for two/ three cars, garage and conservatory. Three reception rooms, utility room, large kitchen and three LARGE double bedrooms and a good sized single.
EPC: D

£375,000

Great Plumtree, Harlow



Detached with three double bedrooms Guardian are delighted to offer this great family home! In the popular private development of Church Langley, Coalport close is walking distance to good local schools and amenities.
EPC: C

£385,000

Coalport Close, Church Langley



Three Double Bedrooms

Guardian are delighted to offer this Chain free, well-proportioned 3 double bedroom Mews House with Car-port. The property is situated in the sought after village of Roydon which benefits from a main-line station providing direct rail services to Stansted.
EPC: C

£424,995

Roydon Mews, High Street, Roydon



Guardian are delighted to offer for sale this Four / Five Bedroom detached house in the ever popular private area of Church Langley located close to the M11, local amenities and schools. The property overlooks a green in a very quiet cul de sac.
EPC: D

£465,000

Wedgewood Drive, Church Langley

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VIEWING ADVISED **NEW PRICE**

Tickenhall Drive

- One Bedroom House
- Semi Detached
- Two Parking Spaces
- Own Rear Garden With Side Access
- Refitted Family Bathroom
- Gas Central Heating (Untested By Kings Group)

£249,995

GREAT PRICE **VIEWINGS ADVISED**

Heathcote Gardens

- A Two Bedrooms Terraced House
- Allocated Parking
- Conservatory
- Cul - De - Sac Location
- Ideal For First Time Buyers
- EPC Rating: Awaiting

£285,000

VIEWINGS ADVISED

Aynsley Gardens

- Two Bedroom Mid Terrace House
- CHAIN FREE
- Two Double Bedrooms
- Downstairs W/C
- Driveway For One Vehicle
- EPC Rating: C

£295,000

VIEWINGS ADVISED

Malkin Drive

- Two Bedroom Mid-Terraced House
- Two DOUBLE Bedrooms
- En-Suite To Master Bedroom
- Off Street Parking For Two Cars
- Recently Decorated Throughout
- E.P.C. Rating: D

£299,995

NEW PRICE **CHAIN FREE**

Malkin Drive

- Three Bedroom Terraced House
- CHAIN FREE
- Driveway For One Vehicle
- Double Glazing Throughout
- Modern Fitted Bathroom
- EPC Rating: C

£330,000

VIEWINGS ADVISED

Doulton Close

- Three Bedroom House
- End Of Terrace
- Parking For Multiple Vehicles
- Integral Garage
- En-Suite To Master
- EPC Rating: D

£340,000

CHAIN FREE

St John's Avenue

- Three Bedroom Semi Detached House
- CHAIN FREE
- Three Double Bedrooms
- Additional Two Bedroom Detached Bungalow
- Garage
- EPC Rating: E

£450,000

VIEWINGS ADVISED

Ridgeway

- Three Bedroom Linked- Detached
- Large South Facing Garden
- Driveway & Garage (With Electric Door)
- Fantastic Natural Daylight
- Potential To Extend To The Rear & Side
- Awaiting EPC Rating

£399,995

GREAT PRICE

Chelsea Garden

- Two Bedroom Flat
- Ground Floor
- Own Garden / Balcony Space
- Fantastic Condition Throughout
- Own Parking Space & Visitor Parking Spaces
- Popular Location

£235,000

GREAT PRICE **VIEWINGS ADVISED**

Coalport Close

- Two Bedroom House
- Freehold
- Conservatory To Rear
- Double Bedrooms
- Rear Gardens
- Parking For Two Cars

£275,000

COLOURING COMPETITION

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THE CHANCE TO WIN ! £25 LOVE2SHOP VOUCHER FOR EVERY WINNER !



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19 EASTGATE, HARLOW
01279-433033

VIEWING ADVISED **CHAIN FREE**

Brockles Mead

- A Two Bedroom Terraced House
- Recently New Fitted Kitchen
- Lounge/ Diner
- South Facing Rear Garden With Rear Access
- CHAIN FREE
- EPC Rating: D

£235,995

NEW PRICE **VIEWINGS ADVISED**

Brockles Mead

- A Three Bedroom Terrace Family Home
- Three DOUBLE Bedrooms
- Utility Room
- Garage
- Downstairs WC
- EPC Rating: D

£249,995

CHAIN FREE

Charters Cross

- A Two Bedroom Terraced Bungalow
- Two Good Size Bedrooms
- Open Planned Kitchen/ Diner
- CHAIN FREE
- Private Landscaped Rear Garden
- EPC Rating: E

£259,995

NEW INSTRUCTION

Church Leys

- A Two Bedroom Mid Terrace House
- Separate Lounge And Dining Rooms
- Secluded Rear Garden With Side Access
- Brick Built Outbuilding
- Downstairs WC
- EPC Rating: D

£285,000

CHAIN FREE **NEW PRICE**

Pennymead

- A Three Bedroom Terrace House
- Potential To Create A Driveway STTP
- Utility Room
- First Floor Family Bathroom
- Secluded Rear Garden
- CHAIN FREE

£285,000

VIEWINGS ADVISED

Spring Hills

- A Three Bedroom Terrace House
- Private Driveway
- First Floor Family Bathroom
- Close Proximity Of Local Shops and Schools
- In Our Opinion Immaculately Presented Throughout
- EPC Rating: Awaiting

£285,000

VIEWINGS ADVISED

Greenhills

- A Three Bedroom Semi - Detached House
- Situated In A Quite Residential Cul - De - Sac
- First Floor Family Bathroom
- Conservatory
- Fitted Kitchen
- EPC Rating: D

£312,500

VIEWINGS ADVISED

Woodcroft

- A Three Bedroom End Of Terrace House
- Two Reception Rooms
- Newly Landscaped Rear Garden With Side Access
- Located In A Quite Residential Cul-De-Sac
- Ideal For First Time Buyer & Home Movers
- Close Proximity To Local Schools & Shops

£320,000

VIEWINGS ADVISED

Tanys Dell

- A Two DOUBLE Bedrooms Flat
- Located On The Top Floor
- Large Lounge/ Diner
- Balcony Overlooking The Rear Aspect
- Recently Re-Wired & New Gas Central Heating Throughout.
- EPC Rating: D

£214,995

NEW INSTRUCTION **CHAIN FREE**

Collins Meadow

- A Three Bedroom Mid Terrace House
- Ground Floor Family Bathroom
- Larger Than Average Lounge/ Diner
- Located Approx. 0.5 Miles Away From Harlow Town Shopping Centre
- CHAIN FREE
- EPC Rating: D

£280,000



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£189,950

BISHOPS STORTFORD (South Street)

First floor well decorated apartment situated in a town centre location. Walking distance from everything including mainline train station. Modern kitchen and bathroom. Long lease. Offered with vacant possession and no onward chain. Excellent investment opportunity/first time buyer. Must be viewed. Sole agents.



£199,950

HATFIELD BROAD OAK

1 bedroom, 2 storey maisonette in a village centre location. Currently rented out until September. Fantastic rental return. New long lease. Incredible views over rolling farmland. Sole agents.



£349,950

HARLOW (The Hoo)

3 bedroom home with an impressive open plan kitchen, separate sitting room, contemporary bathroom, 65ft landscaped rear garden plus a driveway providing parking for 2 cars.



£350,000

HATFIELD BROAD OAK

Beautifully presented and spacious 2 bedroom period property with a large sitting room, kitchen/dining room, en-suite to master bedroom, many period features and a fabulous loft. Thriving village and close to all amenities. Vacant possession. Sole agents.



£365,000

SAWBRIDGEWORTH (Brook End)

Beautifully presented 3 bedroom home with a modern kitchen and bathroom, 50ft south facing rear garden, stunning views over open fields to the rear and an en-bloc garage. Short walk to the town centre. Sole agents.



£389,950

HARLOW (Cock Green)

Beautiful character 3 bedroom semi-detached home with an enormous 217ft rear garden, modern open plan kitchen/dining room, living room, high quality bathroom and period features throughout. Sought after location. Must be viewed. Sole agents.



£425,000

HATFIELD BROAD OAK (Cage End)

Fabulous 3 double bedroom barn conversion on a mews development in a central village position. Large sitting room, study, en-suite to master bedroom, courtyard garden, carport and period views. Vacant possession. Sole agents.



O.I.E.O. £450,000

BISHOP'S STORTFORD (the Ridings)

Beautifully presented 4 bedroom home with an impressive 'L' shaped kitchen/dining room, large sitting room, conservatory, family room, downstairs cloakroom, modern family bathroom, landscaped rear garden, garage and parking for 2 cars.



£500,000

SPELLBROOK

3-4 bedroom semi-detached home with lots of potential. Ideal for somebody wishing to work from home. Large garage, outbuildings, good size garden, large frontage with plenty of parking. Huge amounts of potential. Sole agents.



£525,000

SAWBRIDGEWORTH (Station Road)

Stunning period conversion with 3 double bedrooms, magnificent kitchen/family room, luxury en-suite and south facing garden. Period features including fireplace, sash windows etc. Town centre position. Sole agents.



£629,950

SAWBRIDGEWORTH

Offered with immediate vacant possession and no chain. Short walk to station. Immaculate and refurbished detached 4 bedroom home with lots of parking and a detached double garage/workshop. High quality throughout and convenient for schools. Sole agents.



£1,100,000

HATFIELD HEATH (The Bentleys)

Substantial beautifully presented 5 bedroom detached home on this small executive development being just a short walk to the centre of this thriving village. Large kitchen/breakfast room, lounge, study, dining room, luxury en-suite, guest suite, double garage and electric gates. Sole agents.



£1,195,000

SAWBRIDGEWORTH (High Wych)

Stunning location, convenient for everything including commuting. 5 bedroom detached contemporary farmhouse with detached annexe and excellent outbuildings. 1/2 acre plot with stunning views. Beautiful kitchen/family and high quality throughout. Sole agents.



£1,280,000

HATFIELD BROAD OAK (Cannons Lane)

Imposing 5 double bedroom detached home. Beautifully appointed with a large lounge, magnificent kitchen/family room, study, day room, impressive entrance, resin bonded driveway, garage and south facing garden. Sole agents.



£1,595,000

SAWBRIDGEWORTH

COMING SOON 2 brand new detached bespoke homes with 5 bedrooms, 5 bathrooms, luxury kitchen/family rooms, double garage and good size gardens. Village centre location, convenient for everything. 10 mins walk to station. Phone now for initial details.



£775pcm

SAWBRIDGEWORTH (The Meadows)

Larger than average one bedroom apartment 2 minutes' walk to the mainline railway station. Comprising luxury kitchen and bathroom, good size sitting room and double bedroom with built-in wardrobes. Off road parking. Available now.



£785pcm

SAWBRIDGEWORTH (Waterside Place)

One of the largest one bedroom apartments in this grade II listed building only two minute walk from station. Spacious open plan living/dining room and kitchen plus larger than average double bedroom. Communal gardens. Available Mid October.



£795pcm

SAWBRIDGEWORTH (Lawrence Moorings)

Extremely well maintained unfurnished top floor apartment only a short walk to the mainline station and amenities. The property comprises entrance hall, sitting room, fitted kitchen, bathroom and bedroom. Outside there is allocated parking plus visitors parking.



£795pcm

SAWBRIDGEWORTH (Copper Court)

Unfurnished, well maintained, one bedroom 2nd floor apartment only a short walk from the town centre and station. Fitted kitchen, large lounge/diner with balcony overlooking the communal gardens, bathroom and large bedroom. Allocated parking. Available with 2 weeks notice.



£950pcm

BISHOPS STORTFORD (Dane House)

Spacious, furnished, top floor apartment. Large dual aspect living room, a kitchen/breakfast room, two double bedrooms and bathroom. Security entryphone system and allocated parking. 10 minute walk into the centre. Available mid September.



£975pcm

SAWBRIDGEWORTH (Lawrence Moorings)

An extremely well maintained three bedroom second floor unfurnished apartment set in a beautiful rural hamlet. Kitchen/dining room, 40ft rear garden, exposed timbers and beams, large sitting room with log burner, newly fitted kitchen, bathroom and three bedrooms. Available now.



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MATCHING TYE (Newmans End)

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3 bed period barn conversion in a sought after location. Entrance hall, downstairs w.c, fitted kitchen leading through to large lounge/diner, separate study/playroom, two bedrooms to the first floor plus bathroom and further bedroom to the top floor. Courtyard rear garden and allocated parking, plus car port.



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THAXTED (Dunmow Road)

4/5 bedroom family home providing period and contemporary living, only a short distance from Thaxted and Great Dunmow. Magnificent kitchen/breakfast/dining room. Large rear garden and ample parking.



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LITTLE LAVER (Nr. Matching Green)

5 bedroom barn conversion providing spacious accommodation. Situated in the village of Little Laver in a mixed development of barns, a short drive from Matching Green. Exposed beams and timbers, enjoying a magnificent open plan kitchen and dining area. Available now.

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WHEELS

ROAD TEST: Vauxhall Corsa SRI Nav 1.4Turbo Three-Door By David Ward

SMALL AND SPRIGHTLY



AT A GLANCE

- **Model:** Vauxhall Corsa SRI Nav 1.4-litre turbocharged petrol three-door
- **Price:** £17,215
- **Mechanical:** 99bhp, 1,364cc, 4cyl turbocharged petrol engine driving the front wheels via 6-speed manual gearbox
- **Max Speed:** 115mph
- **0 to 62mph:** 11 seconds
- **Combined mpg:** 51.4
- **Insurance group:** 10E
- **CO2 emissions:** 128g/km
- **BIK rating:** 26%
- **Warranty:** 3yrs/60,000

The days when so-called small, 'hot' hatchbacks were raucous sounding, noisy, fairly uncomfortable for the occupants yet delivered the expected sporty performance mainly for younger aged drivers has long gone.

Today the demands for such exciting small cars has changed dramatically with drivers wanting more a few more home comforts on board and a more subtle sports performance that's quieter and more refined but still retaining that fun car to enjoy out on the road.

Vauxhall have had a few such models in the distant past – remember the Chevette HS Sport of the Eighties and the Nova 1.6 GTEi of the Nineties – and now today make a more grown-up 'hot' hatchback in their current small Corsa range.

There are several versions available including the Corsa SRI Nav 1.4-litre 99bhp turbocharged petrol engine three-door tested here coming in a decent price of £17,215 on the road.

This is cheaper than its two main equivalent rivals too – the Ford Fiesta and SEAT Ibiza – and it also goes to show the progress made of such true sporty hatchbacks.

It looks stylish and is extremely refined inside with some nice sporty features yet still delivers a decent enough performance without breaking the bank, particularly when it comes to insurance (it's in group 10) which costs had rocketed in years gone by and proved the demise of the old 'hot' hatchbacks back in Nineties.

This SRI is enough when demanded by the driver particularly at low revs and with sensible use of the six-speed gearbox, which has a light yet positive enough feel when moving up and down the gears.

The test car sitting on 16-inch alloy wheels – buyers can also opt for 17-inch – naturally has sports suspension underneath but it provides a comfortable ride and not as hard as most of its rivals.

Road grip is good and there's no fidgeting either when the car is pushed harder around narrow, twisty country lanes – it sticks to its task admirably and with decent brakes it gives real confidence to the driver to drive in a sporty fashion even if they are not use to such exercises.

It's also remarkable quiet out on the road too with only minimum tyre and wind noise that's not intrusive and on a particular day long test run of some 400 miles remained it turned out to be really comfortable for such

a small car.

In terms of fuel consumption on this run it returned a creditable 48.6mpg which only dropped to 45.8mpg during stints through heavy stop/start traffic across central London.

Inside the cabin the layout is naturally typical of Vauxhall's current range with all the controls and dials easily laid out for the driver whilst the sports seats deliver good lumbar support and there's also good head room, particularly in the front where it's better than in the Fiesta.

The front A pillars are thicker than on the Fiesta so a bit more care is needed from the driver when pulling out into a main road and as for reversing the test car had the option of a £250 rear view camera on board and it's well worth the bit extra in my view.

The car's nice texture trim interior finish adds a touch of quality finish and as on all Corsa models there are six airbags fitted as standard.

As one would expect for an SRI label this Corsa is exceptionally well equipped with standard features that include a seven-inch colour touch screen with a fully integrated European sat nav system, Bluetooth, Apple CarPlay and Android Auto, cruise control, rain sensitive wipers, anti-lock braking,

electronic stability control and hill start assist and more.

Extras added to the test car included front and rear parking sensors – a bit expensive at £465 compared to rivals – plus electronic climate control (£415) and a winter pack (£365) but again it's down to individual motorists to choose if they want to pay out for these and other options available.

This SRI is a most civilised, reasonably inexpensive small 'hot' hatchback for those wanting a sporty performance with a limited budget – there are plenty of alternatives around and with more potent performances but of course all at further cost.

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WHEELS

ADVERTISING FEATURE

Fresh looks and fun from new Aygo

Aygo, Toyota's super-successful city car, has a sharp new look, part of a package of improvements that have also spiced up the car's fun-to-drive qualities and made its popular 1.0-litre engine even more efficient.

New Aygo's grade structure has been developed to appeal to an even wider audience, with a special focus on the high end of the segment.

Each grade has its own design elements, easily recognisable by different front bumper executions, dedicated alloy wheels and interior finishes.

From the entry grade x, to the mid-grade x-play and the high-grade x-clusiv, each Aygo version has been tailored to appeal to the tastes and needs of different target customers. All are offered in five-door format, with the x version additionally available as a three-door.

x-play is at the heart of the Aygo line-up. Its extensive standard equipment includes air-conditioning, steering wheel-

mounted audio switches, a height adjustable driver's seat, an adjustable speed limiter, LED rear lights and the x-touch multimedia system with DAB and Bluetooth. Options include satellite navigation and Toyota Safety Sense.

The new Aygo **x-plore** extends the specification with 15-inch machined alloy wheels, front fog lights, automatic air conditioning, automatic headlights, rear privacy glass, a reversing camera and satellite navigation. It can also be specified with a power-retracting canvas Funroof and Toyota Safety Sense.

The **x-cite** version stands out from the rest of the range with its Magenta Fizz bi-tone paint finish and matching interior with Manhattan seat fabric and magenta stitching, body-coloured inserts for the airvents and gear-knob and piano black instrument panel and gear lever surround.

It is fitted with 15-inch black alloys, front fog lights, automatic air conditioning, automatic headlights and rear privacy glass. Toyota Safety Sense is available as

an option.

The **x-clusiv** builds on the x-play standard specification with a distinctive bi-tone paint scheme in a choice of three colours – black with silver roof or blue and silver with black roof.

It has 15-inch alloy wheels with a twin-spoke design, seats with part-leather upholstery, automatic air conditioning, smart entry and start, Toyota Safety Sense and the x-touch multimedia system which supports Apple CarPlay and Android Auto.

Just 2,500 examples of the Aygo x-press will be available this year. Its striking exterior features a full roof decal and coloured accents for the front and rear lips and side sills, plus 15-inch black alloys.

The specification also includes front fog lights, automatic air conditioning, automatic headlights, rear privacy glass and a reversing camera. Customers can add either the connectivity package or navigation as an option, and can also specify Toyota Safety Sense.



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The Power to Surprise

Fuel consumption in mpg (l/100km) for the model shown: Urban 38.7(7.3), Extra Urban 57.6(4.9), Combined 48.7 (5.8), CO₂ emissions 132 g/km. MPG figures are official EU test figures for comparative purposes and may not reflect real driving results. Model shown: All-New Kia Ceed First Edition 5dr 1.4 T-GDI 138bhp 6 speed manual 15G at £26,300 including optional premium 'Blue Flame' paint at £550. All-New Kia Ceed available from £18,295 OTR. Specification varies across the range and is subject to change without notice. *All-New Kia Ceed First Edition £1,500 towards your Personal Contract Purchase deposit. Offer available on purchase of an All-New Kia Ceed in the United Kingdom between 24.07.2018 – 30.09.2018. Private customer registrations only, excluding Personal Contract Hire. Please visit kia.com/uk or contact your Kia Dealer for full details and exclusions. T&Cs apply. Subject to status. 18s or over. Guarantee may be required. Kia Finance RH2 9AQ. *Free first three services available on All-New Kia Ceed for new car orders registered between 24.07.2018 and 30.09.2018. Customers have one month from their vehicle's registration date to register their free-of-charge cover. Offer available to private customers only, excluding Private Contract Hire. 7 year / 100,000 mile manufacturer's warranty. For full terms and exclusions visit kia.com/uk.

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*Available on selected models. 0% APR Representative only available on selected models between 7th September & 9th September 2018 and registered and financed through Toyota Financial Services, Great Burgh, Burgh Heath, Epsom, Surrey KT18 5UZ before 30th September 2018 on an Access Toyota (PCP) plan with 0%-20% deposit. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. Toyota Centres are independent of Toyota Financial Services. Terms and conditions apply. 5 year/100,000 mile manufacturer warranty subject to terms and conditions. Refer to centre for full details. Images shown are for illustration purposes only. If you trade-in any car or commercial vehicle that was registered up to and including 31st December 2009 you can receive between £1,000 and £4,000 (saving dependent on model chosen and incl VAT) scrappage saving off the Recommended On The Road Price of a New Toyota. Offer available on all new Toyota passenger cars and commercial vehicles, excluding base grades (Active and X) and Yaris Hybrid. New Toyota vehicle must be ordered and registered between 7th September and 30th September 2018. To qualify for the scheme the owner of the trade-in vehicle must be named as the registered keeper and resident at the UK address shown on the Vehicle Registration Document (V5) and have owned the trade-in vehicle for a minimum of 6 months before the new Toyota order date. The new vehicle must be registered in the same name. Offer not available in conjunction with any other customer saving programme or finance deposit allowance. Available to retail customers only.

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CAR OF THE WEEK



2012 (12) Ford Fiesta 1.2

5 door, white, Air Con, Remote Locking, E/Windows, E/Mirrors, CD Player, AUX input, 18,000 miles only

**£5,995
£38pw**

VAN OF THE WEEK



2015 Vauxhall Combo 2300 L1h1 CDTi Sportive

ABS, Air Bag, Power Steering, Air Conditioning, Electric Windows, Remote Central Locking, Bulkhead, Ply-Lined, Barn Doors

£5,995+VAT

ZERO DEPOSIT FINANCE

Prestige

2016 (66) Land Rover Range Rover Sport 3.0 Automatic HSE, Blue, Alloy Wheels, Climate Control, Bluetooth, Cruise Control, Parking Sensors, Reversing Camera, Panoramic Sunroof, SAT NAV, Full Leather, Heated electric Memory Seats, Fridge, Side Steps, Remote Control Locking, E/Windows, E/Mirrors 24,000 Miles
£49,995 - £10A per week

2015 (64) Kia Sportage 1.7 Diesel, Blue, Alloy Wheels, Air Con, Cruise Control, E/Windows, E/Mirrors, CD Player, AUX, 36,000 Miles only
Sale Price £11,995 - £38 per week

2000 (W) Jaguar XKR Supercharge Automatic, Silver, Alloy Wheels, Climate Control, Cruise Control, Leather Seats, E/Windows, E/Mirrors, Remote Locking, 69,000 Miles, Stunner
£9,995

SUV

2015 (65) Nissan Quahqai 1.2, Blue, Alloy Wheels, Air Con, SAT NAV, Front & Rear Cameras, Panoramic Roof, Cruise Control, Parking Sensors, Remote Locking, E/Windows, E/Mirrors, 14,000 Miles only
£14,995 - £10A per week

2015 (64) Kia Sportage 1.7 Diesel, Blue, Alloy Wheels, Air Con, Cruise Control, E/Windows, E/Mirrors, CD Player, AUX, 36,000 Miles only
Sale Price £11,995 - £38 per week

2015 (15) Renault Capture 1.5 DCI, Grey, Alloy Wheels, Air Con, SAT NAV, Cruise Control, Parking Sensors, Reversing Camera, Remote Locking, E/Windows, E/Mirrors, Bluetooth, 44,000 Miles
£9,995 - £62 per week

2013 (63) Vauxhall Mokka 1.6 Black, Alloy Wheels, Air Con, Remote Locking, Heated leather seats, Cruise Control, Parking Sensors, Remote Locking, E/Windows, E/Mirrors, CD Player, 29,000 Miles only
£9,695 - £60 per week

2011 (61) Renault Scenic 1.5 DCI, Silver, Alloy wheels, Air co, remote locking, Cruise Control, Half Leather, SAT NAV, E/Windows, E/Mirrors, CD Player, 41,000 Miles
£6,495 - £41 per week

Hatchback

2015 (15) Renault Capture 1.5 DCI, Grey, Alloy Wheels, Air Con, SAT NAV, Cruise Control, Parking Sensors, Reversing Camera, Remote Locking, E/Windows, E/Mirrors, Bluetooth, 44,000 Miles
£9,995 - £62 per week

2014 (14) Vauxhall Zafira 1.8 Grey, alloy wheels, air co, remote locking, 7 seater, parking sensors, cruise control, E/Windows, E/Mirrors, CD Player, 29,000 Miles
£6,695 - £55 per week

2014 (14) Vauxhall Zafira 1.8 Grey, Air Con, Remote Locking, Parking Sensors, E/Windows, E/Mirrors, 7 Seater, CD Player, 54,000 Miles
£7,495 - £47 per week

2014 (14) Hyundai i30 1.6, Automatic, Blue, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, Parking Sensors, Cruise Control, Bluetooth, AUX Input, CD Player, 26,000 Miles only
£7,495 - £47pw

2013 (62) Vauxhall Corsa, 1.2 Limited Edition, Red, Black Alloys, Air Con, Remote Locking, Cruise Control, E/Windows, E/Mirrors, CD player, 32,000 Miles only
£6,495 - £41 per week

2011 (11) Nissan Micra, 1.2, Blue, Alloy Wheels, Air Con, Cruise Control, Parking sensors, Remote locking, E/Windows, E/Mirrors, CD player, 16,000 miles only
£5,995 - £38 per week

2013 (13) Ford Fiesta, 1.2 White, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, CD Player, 21,000 miles only
£5,995, £38pw

2012 (12) Ford Fiesta 1.2 5 door, white, Air Con, Remote Locking, E/Windows, E/Mirrors, CD Player, AUX input, 18,000 Miles only
£5,995 - £38pw

2013 (63) Vauxhall Corsa 1.2 Limited Edition, Orange, Alloy Wheels, Air Con, Cruise Control, Remote Locking, E/Windows, E/Mirrors, CD Player, 54,000 Miles
£5,695 - £36 per week

2013(63) Vauxhall Agila, Black, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, Parking Sensors, CD Player, 28,000 Miles only
£5,495 - £35pw

2014 (14) Hyundai i10, 1.2 Black, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, CD Player, 45,000 Miles
£4,995 - £30 per week

2010 (10) Renault Clio 1.2 5 door, Black, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, CD Player, 35,000 Miles only
£4,395 - £24pw

Small Cars

2015 (15) Vauxhall Corsa 1.4, Limited edition, White, Black wheels, Air Con, Remote Locking, Cruise Control, E/Windows, E/Mirrors, Touch screen radio, Bluetooth, 65,000 Miles
£6,995 - £45 per week

2015 (64) Fiat 500 1.2s, White, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, £30 a year tax, Half Leather, CD Player, 33,000 miles, only one owner
£6,395 - £40 per week

2013 (13) Fiat 500 0.9 Twin Air, Red, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, Bluetooth, AUX - Input, £0 Road tax, Half Leather, 17,000 miles only
£5,995, £38pw

2014 (14) Vauxhall Corsa, 1.2, 3 door, Red, Alloy Wheels, Air Con, Heated half leather seats, heated steering wheel remote locking, E/Windows, E/Mirrors, CD Player, AUX input, 27,000 Miles only, One owner
Sale Price £5,995 - £38 per week

2011 (11) Nissan Micra, 1.2, Blue, Alloy Wheels, Air Con, Cruise Control, Parking sensors, Remote locking, E/Windows, E/Mirrors, CD player, 16,000 miles only
£5,995 - £38 per week

2013 (63) Vauxhall Corsa 1.2 Limited Edition, Orange, Alloy Wheels, Air Con, Cruise Control, Remote Locking, E/Windows, E/Mirrors, CD Player, 54,000 Miles
£5,695 - £36 per week

2013 Peugeot 208 1.0 Silver, Remote Locking, E/Windows, E/Mirrors, £0 per year, Tax, CD Player, 15,000 Miles only
£4,995 - £30 per week

2014 (14) Hyundai i10, 1.2 Black, Alloy Wheels, Air Con, Remote Locking, E/Windows, £20 a year tax, CD Player, 45,000 Miles
£4,995 - £30 per week

2011 (11) Ford KA 1.2 Grand Prix, Red, Alloy Wheels, Air Con, Remote locking, E/Windows, E/Mirrors, CD Player, 60,000 Miles
£4,495 - £25 per week

2012 Chevrolet Spark Lt 5dr, White, 1.2 Petrol, ABS, Multiple Airbags, Power Steering, Air Conditioning, Electric Windows, Electric Mirrors, Remote Central Locking, CD Player, AUX Input, 35,000 Miles
£4,495 - £25 per week

2012 (12) Ford KA, 1.2 White, £30 Tax a year, Ideal first car, CD Player, 43,000 Miles only
£3,995 - £24Pw

2010 (60) Citroen C1 1.0, Blue, Air Con, Remote Locking, E/Windows, CD Player, £20 a year tax, Ideal first car, 41,000 Miles only
£3,995 - £24pw

2010 (10) Ford KA 1.2 Red, £30 a year tax, Ideal first car, CD Player, 29,000 Miles only
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Commercial

2014 (64) Ford Twist Courier 1.5 DCI, Black, Side Locking door, Barn Doors, Ply Lining, E/Windows, E/Mirrors, CD Player, 42,000 Miles only
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2015 (15) Vauxhall Combo, Blue Air Con Remote Locking, Side Loading door, Barn Doors, Ply lining, E/Windows, CD Player, 59,000 Miles
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£350 TO £20,000

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1991 GOBUR CAROUSEL FOLD UP CARAVAN

Exterior good, furnishings good, roof lining requiring attention, 3 recent new tyres, new battery

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Any make, model year or condition. Wanted for own personal use. Cash paid. Call Tommy:

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You have arrived at your destination



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Any miles, any age, any size, any condition considered. Please call.

Tel: 07780 445041

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Opening Hours:

Mon to Fri: 08:30 - 18:00 • Sat: 08:30 - 17:00. • Closed Sunday.

The lowest prices in Harlow for Tyres, Brakes & Exhausts

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155/70X13 BUDGET 75T	£32.95
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4 WHEEL LASER ALIGNMENT FROM

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UPTO	oil & filter	full service
1000cc	53	99
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1600cc	75	119
1800cc	83	129
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price includes standard oil, special oils (synthetic / longlife)
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GOFFS-CHURCHGATE ACADEMY

College Road, Cheshunt, Hertfordshire, EN8 9LY

DIRECTOR OF LEARNING (YEAR 7)

REQUIRED FOR SEPTEMBER 2018

H5 starting salary (£19,819 + £857.00 Fringe - Term Time only)

Actual starting salary £17,169.86

The successful candidate for this post:

- will take the lead on managing all aspects of student wellbeing in Year 7
- will track academic performance of their students to ensure each child is making at least expected progress
- will provide a smooth transition for students from Primary to Secondary School
- will support students who need help to overcome barriers to learning both inside and outside the school
- will be passionate about working in partnership with all stakeholders
- has highly developed interpersonal skills with young people
- will be self-motivated and have a keen eye for detail
- has a positive, can do attitude with colleagues and students
- believes in the right of every student to fulfil their potential
- has excellent interpersonal skills and is a real team player

In return Goffs-Churchgate can offer you:

- The opportunity to be part of a new school, which has already generated significant local interest and excitement
- brand new facilities and a highly professional working environment
- a truly collaborative working environment
- a highly aspirant school, with students and staff equally committed to that agenda
- outstanding career development, including opportunities across the Generations Multi Academy Trust
- personalised CPD considered best practice within Hertfordshire, including dedicated leadership development pathways

For further details about the recruitment process, please contact Tracey Backman, HR Director, on 01992 624375 ext. 5817, or by email at tba@generationsmat.herts.sch.uk.

Closing date for applications: 9:00am on Tuesday 18th September 2018

Interviews will be held that week

The school is committed to safeguarding children and young people
All postholders are subject to a satisfactory enhanced DBS check

slater

MENSWEAR

NEW STORE OPENING CHELMSFORD CITY CENTRE

ALTERATIONS/SEWING MACHINIST REQUIRED

PART TIME (20-30 HOURS AVAILABLE)

HOURLY RATE £7.15-£8.65

We require people with good sewing machine skills to work in our busy alterations department. General duties will include shortening/lengthening trousers and jacket sleeves; reducing/increasing waist, thighs and side seam alterations on gents clothing.

WEEKEND SALES ASSISTANTS/CASHIERS REQUIRED

8-14 HOURS PER WEEKEND/ £76-£105 PER WEEK

Slater Menswear operates a personal service policy, as opposed to self-service in a menswear fashion retail shop. Successful applicants will have a pleasant, helpful manner and have an aptitude for helpfulness and initiative.

Applicants must enjoy working with the public and full training will be provided.

Please apply in writing enclosing full CV and details of current salary plus a daytime telephone number if possible to:

Mr Stephen J Suttie, HR Manager, Slater Menswear Head Office,
165 Howard Street, Glasgow, G1 4HF or email hr@slatermenswear.com

Visit: essexlive.news/marketplace

 178a New London Road
Chelmsford, CM2 0AR
www.stcedds.org.uk

Required for September 2018

CATERING ASSISTANT

(Monday-Friday 11:30-14:30-Term time plus INSET)

St Cedd's School is seeking to appoint a Catering Assistant to join its dedicated catering team at this 3-11 co-educational preparatory school.

The hourly rate of pay is £7.83, paid in 12 instalments on the 28th of each month.

An Application Pack is available on the School website.

For further information, contact Mrs Hutchinson at whutchinson@stcedds.org.uk or telephone 01245 392810.

Employees of St Cedd's School have a responsibility for safeguarding and promoting the welfare of children and for ensuring that they are protected from harm. Appointment is subject to a DBS and Barring List check.

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WINDOWS

CUSTOMER CARE MANAGER

To join our Installation Dept and to liaise with customers ideally suited to a tradesman who has gained all round experience in the double glazing industry, and able to control our install teams. Good remuneration package and company vehicle supplied.

Call Chris Brooks
on

01992 574555

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Hargrave House

Residential Care Hotel for Senior Citizens

STAFF REQUIRED

Residential Care Home for the Elderly in Stansted Mountfitchet,

requires responsible

- Night Senior
- Day/Night Care
- Laundry Assistant

Both full and part time positions available.

Salary competitive.

Contact: **Ms. Janie Reeves**

on **01279 817272**

or email **personnel@scimitarcare.co.uk**

For information about the job that may suit you.

www.ScimitarCare.co.uk

Subject to CRB Enhanced Disclosure Certificates - www.crb.gov.uk



New Hall School

New Hall School requires, as soon as possible, a **Head Gardener**

To work as part of small team.

The successful candidate will be part of a small Estates Team and will have sole responsibility for the daily maintenance/development of the grounds.

Minimum RHS Level 2 Diploma in Horticulture or equivalent qualification.

Hours: 8.00am-5.00pm Monday-Friday all year round.

Salary £23,558pa-£26,776pa

Closing Date: Midday, 21/09/18

Interview Date: 03/10/18

Excellent benefits

- free parking • superb working environment
- lunch & break time refreshments

New Hall is committed to safeguarding pupils.

There will be an enhanced DBS check prior to appointment.

For an application form visit:

www.newhallschool.co.uk/job-opportunities

Alternatively, please contact the HR Department on

01245 467588

New Hall School Trust: Registered Office at New Hall School

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SUPPORT WORKER*



Enfield

Our client is looking for a male* support worker with proficient use of the English language and experience to assist 1:1 with all aspects of his personal care and day to day living.

The ability to drive is essential.

Social outings/cooking/housework duties will be required. Availability required to cover planned rota shifts with flexibility for additional hours at short notice.

10am-11pm followed by a sleep-in to 7am and input to 10am (24 hours). Must be able to work the shift pattern of two shifts rostered together for continuity. Contracted hours are 168 hours over a 4 week rota.

Monday-Friday	£12.18 ph
Saturday-Sunday	£14.12 ph
Monday-Thursday sleep-in	£62.64 per 8 hour sleep-in shift.
Friday-Sunday sleep-in	£62.91 per 8 hour sleep-in shift.

Call 01844 214669 quoting reference HR 07/18

*The Equality Act 2010

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Ever thought about teaching but didn't think you were qualified?

We're looking for experienced people from a variety of working backgrounds including **electricians, construction workers, engineers, business professionals, IT specialists, coders, sports instructors** and many more to join us at Harlow College or our brand new College at Stansted Airport.

Pass on your expertise and knowledge to the next generation while enjoying our generous benefits package, including 42 days holiday and pension scheme.

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THURS 6 SEPT 2-8PM HARLOW COLLEGE

HARLOW COLLEGE

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sartorius stedim
biotech

Sartorius Stedim Biotech Recruitment Open Day 4pm- 8pm Wednesday, September 19th 2018.



Sartorius Stedim Biotech, based in Royston is a leading manufacturer of products that enable the biotech industry to develop and produce drugs safely and efficiently. The Royston site employs over 250 staff and specialises in designing and manufacturing advanced automated cell culture and fermentation equipment, including the world-leading ambr® automated micro and mini bioreactor systems, which are used in major pharmaceutical companies globally.

Sartorius' Royston site is a modern, open-plan environment, where staff work in a clean, high-tech and friendly workspace. Due to continued success, Sartorius is currently recruiting in many areas of the business including R&D, Manufacturing, Support Services, Supply Chain, Quality & Procurement.

Come and visit the Sartorius site at York Way in Royston from **4pm-8pm on Wednesday September 19th** to find out about the exciting permanent and temporary opportunities available. Light refreshments and tours of the facility will also be provided.

Due to continued growth we have a number of exciting permanent and temporary opportunities within our growing teams in Royston, including:

- R&D
- Manufacturing
- Support Services
- Finance
- Supply Chain
- Quality and Procurement

We offer a friendly, open-plan working environment and opportunities for career progression.

To find out more about these vacancies, come to our Open Day on September 19th at Sartorius Stedim Biotech, York Way, Royston, Herts SG8 5WY.

To book your place at the Open Day, please contact: openday@sartorius-stedim.com

For more information on our company, please visit: www.sartorius-stedim-tap.com

PROJECT MANAGEMENT - CAREERS EVENT

SATURDAY 15 SEPTEMBER

09:30 - 12:30

(DOORS CLOSE AT 12:15PM)

MBDA Stevenage, Six Hills Way,
Stevenage, SG1 2DA

We're a market-leader in missile systems providing the armed forces with some of the world's most advanced defence capability.

If you are looking for new opportunities within:

- Programme Management
- Project Management
- Project Planning
- Project Control

Come along to our Careers Event with an up-to-date CV. In order to apply for the roles you are interested in, you will need to be eligible for SC UK Security Clearance with no restrictions. **PHOTO ID WILL BE REQUIRED FOR ENTRY ON THE DAY.** Children under the age of 16 will not be permitted.

WWW.MBDACAREERS.CO.UK

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MBDA  or follow us on Twitter: @MBDACareers

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email: tatiana.carver@kings-group.net

Call **Tatiana Carver**
01992-785000
or send your CV to
Tatiana Carver
Kings Lettings LLP,
Crown House
24-25 Turners Hill
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Herts
EN8 8NJ

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Full time & part time bright & enthusiastic people required to help and support our sales team in one of our busy local offices. Role will include viewings, telephone work, canvassing & general office administration. Experience is not essential as full training will be given.

The successful candidate will have a good telephone manner, a full driving licence, be able to work under their own initiative and have a great team ethic.

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kelly.greenwood@kings-group.net
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Tel: 07930 330485

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MODEL STEAM ENGINES
And petrol engines, Vintage toys and model workshops cleared.
Tel: 01787 377628 or 07811484124

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Furniture wanted we collect and pay cash for furniture from one item to whole house fast friendly service call Bob on:
Tel: 07725 040930 or furniturewanted1@gmail.com

WANTED

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PURE WOOL SUIT double breasted jacket 46" chest, trousers 40" waist, 32" long by British tailor, Dunn & Co, never worn £75 Tel: 01277 652018

Luggage

PIAROSSINI LADIES handbag Blue (navy) and white piarossini "Milan Bag". Unwanted present so new and unused. See photo on website. (hutton) £10 Tel: 07713 869612

ELIZABETH ARDEN bag, make up/ toiletry bag, zipped, gold, approx 6" x 10". UNUSED. HEYBRIDGE. £8 Tel: 07756 047022

HOLDALL LARGE, Ricardo Beverly Hills with carrying handle and trolley handle for easy wheeling. £15 Tel: 01277 652018

SUZY SMITH handbag metallic gold, approx 11" x 9", UNUSED. HEYBRIDGE. £8 Tel: 07756 047022

Bicycles & Accessories

LADIES RACING BIKE Raleigh Silhouette model, 20" frame, in pale green with drop handlebars and 27" wheels. 5 gears. Good condition. £40 Tel: 07706 446398 or 01245 630855

MONGOOSE SUBJECT BMX Bike. 360 degree handlebars, 20" wheels, 4 x stunt pegs, back & front brakes, good condition but general wear & tear £35 only Tel: 01245 349998

GENTS MOUNTAIN BIKE GT Aggressor 3.0 2011 model, 18 inch frame, white. Average condition for age, regularly serviced. Hutton area £50 only Tel: 07765 107069

Clothing & Accessories

LADIES CLOTHES

Hardly worn.
Tops, Jumpers, Skirts, Trousers and Coats etc

All size 18-20
125 items

Please call before 12 noon or after 7pm.

£200

Tel: 01279300884

CASUALTIES OF DIET



3 Stones & 8" means my clothes don't fit! Dark Suit bought for a wedding. Linen suit Costs £145 new. Cream safari jacket. Casual brown trousers. All in excellent condition. 50" chest, 46/48" waist, 27" inside leg. SENSIBLE OFFERS PLEASE.

£30

01992 586099

USA ARMY Clothing jacket, shirts, sweaters, gloves, poncho, scrim netting. USAAF CAMMO jackets, poncho, slacks, hat, scrim nets. bargain £85 Tel: 01277 200530

DRESS H & M, Size 12/14, Mink Brown, 2 draped pockets, silky-feel material. HEYBRIDGE. £10 Tel: 07756 047022

EDINBURGH TARTAN SKIRTS NEW 2 ladies pure wool scotch skirt, tartans, unworn, size 18 both. bargain £30 Tel: 01277 200530

HI VIZ bomber jacket made by Timco code hvjxyz XLarge size unused and still in wrapper. £15 Tel: 07788 190709 or 01245440006

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NIKE HOODED Gilet Royal blue, large boys age 12-15 (chest 152-158 cm), very good condition £10 Tel: 01621 893321 or 07887842073

JEANS WITH all labels, Crosshatch W32" Long, Skinny Fit. New. HEYBRIDGE £15 Tel: 07756 047022

TOP NEXT, Size 14, silky polyester. HEYBRIDGE. £4 Tel: 07756 047022

CASUALTIES OF DIET 3 Stones & 8" means my clothes don't fit! Dark Suit bought for a wedding. Linen suit Costs £145 new. Cream safari jacket. Casual brown trousers. All in excellent condition. 50" chest, 46/48" waist, 27" inside leg. SENSIBLE OFFERS PLEASE. £30 01992 586099

Footwear

LADIES LEATHER BOOTS SPANISH 'B THE BEST' BOOTS SIZE 40 (6 1/2 UK) LIGHT TAN SOFT LEATHER, SYNTHETIC SOLE, POINTED TOES, ZIP FASTENING, 2" HEELS 13" TO CALF MIN WEAR. £18 Tel: 07761 632731

SAFETY BOOT size 10 Tan colour Dickie's product ref. pa150 worn once £10 Tel: 01245 440306 or 07788190709

SAFETY SHOE grey colour size 10 sterling Steel toe and midsole worn once £10 Tel: 01245 440306 or 07788190709

SHOES NEXT, Size 6, Black, High heels with laced front and zipped backs, unworn. HEYBRIDGE £10 Tel: 07756 047022

Footwear

GIRLS SCHOOL SHOES Black bootie shoes unisex size 4G Vello strap £10 Tel: 01245 490665

REIKER SLIP on leather shoes in gold silver vgc size 5 £20 Tel: 07921 904425

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BATH BOARD with handle, as new. £13 ono Tel: 01702 231002

Toys & Games

LITTLE TIKES FRONT END LOADER RIDESIT ON BULLDOZER LOADER IN VGC - NO MARKS OR CRACKS. STURDY CONSTRUCTION - LITTLE TIKES Length 20" (51cm) width 12" (30cm) Height 9" (23cm) £22 Tel: 07761 632731

Toys & Games

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SCUFFY BLUE ones bears, me to you, 4x happy birthday, 1x friends forever in boxes, 1x small photo frame in box, soft bear hat and gloves on holding snowball 11". Offers £20 Tel: 07756 047022

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50's, 60's, 70's ROCK, PUNK, REGGAE, INDIE LP's, EP's AND 45's 01279 813400 07881 453435

Records Wanted

CASH PAID FOR LP/EP AND SINGLE RECORDS IN GOOD CONDITION. (NO 78's) 07906224080 01317876968

Records Wanted

LOW NOISE Bed Down Converter (LNB), 4 outputs suit 2 Sky Plus boxes or similar, brand new still boxed £10 ono Tel: 01702 231002

Records Wanted

KENWOOD UPGRADED CD Player Model 5570, sounds as good as my Musical Fidelity. Plays single CDs also has cassette for multi play and remote control. Will demonstrate £20 Tel: 01277 219639

Records Wanted

PURE BUG TOO - DAB radio Quirky Digital Radio space animal shape, with mains transformer power. Look closely at the transformers earth-pin. Now quite secure. BRENTWOOD £45 Tel: 01277 223377

Records Wanted

RADIO/CASSETTE PLAYER with a double cassette for recording in vgc and Manual £20 Tel: 07921 904425

Records Wanted

LOVELY Loom BEDROOM CHAIR Wicker chair, as used by white witches. Blue wickerwork Blue & Gold fabric upholstery. 20x3 white paint spots. Wicker trim worn at edges. BRENTWOOD £30 Tel: 01277 223377

Equestrian

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MANAGE/DRESSAGE letters for use in the manage. Made in strong plastic 36 x 40 cm & green letters on yellow background £40 Tel: 01245 440306 or 07788 190709

Horses, Ponies & Riding

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WANTED

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240V MOTOR British Thompson Houston 1/4 HP 1425 RPM. BRENTWOOD £15 Tel: 01277 223377

Articles Wanted

RECORDS WANTED 50's, 60's, 70's ROCK, PUNK, REGGAE, INDIE LP's, EP's AND 45's 01279 813400 07881 453435

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Records Wanted

LOVELY Loom BEDROOM CHAIR Wicker chair, as used by white witches. Blue wickerwork Blue & Gold fabric upholstery. 20x3 white paint spots. Wicker trim worn at edges. BRENTWOOD £30 Tel: 01277 223377

Records Wanted

BASIN IDEAL Standard white basin and pedestal. Basin 56cmW x47cmD Pedestal 65cmH Good condition £10 Tel: 01245 223892

Records Wanted

ELECTRIC SHOWER trim 180 pro fit white 6.5kw model sp80809 new and still boxed £100 Tel: 01245 440306 or 07788190709

BATH AND CLOSE COUPLED TOL White bath with chrome handles £50.00 Tel: 01245 440308

BATHROOM basin pedestal white bathroom basin pedestal 25 inches tall. In very good condition £5 01920 870454

Beds, Bedding, Bedrooms

3FTX6FT MATTRESS fireenginebed 3ft x 6ft 1050 sprung / memory foam mattress. Would fit child's fire engine bed that I have also advertised. Excellent condition. £40 Tel: 07947 730751

CHILD'S FIRE Engine Bed 3ft x 6ft thermed fire engine bed Fantastic fun for a child. Disassembled for easy pick up. Have matching mattress for extra cost. Excellent condition. £100 ono Tel: 07947 730751

CHILD'S FIRE engine bedframe 3ft x 6ft fire engine bed Fantastic fun for a child. Matching mattress for extra cost. Has been dismantled for easy pick up. Excellent condition. £100 ono Tel: 07947 730751

GOOD QUALITY bunk beds Good quality bunk beds. Used for occasional stop overs, includes mattresses. Mattresses are stain free and good condition. £100 Tel: 07855 566624

SINGLE DIVAN bed Single divan bed with 2 drawers and brown faux leather headboard. Myers visco deluxe memory foam mattress. Buyer must collect. Excellent condition. £10 Tel: 01277 219336

3FTX6FT MATTRESS fireenginebed 3ft x 6ft 1050 sprung / memory mattress. Matches child's fire engine bed I also have advertised. Excellent condition. £40 Tel: 07947 730751

BEDROOM SET Light wood three drawer chest and matching single wardrobe. Excellent condition. Possible delivery. £80 ono Tel: 01277 821149

FUTON COVER IEA denim replacement cover and cushion covers - still wrapped. To fit size 62" x 82" plus slippers. £30 Tel: 01277 652018

Photography

PHOTOGRAPHIC DARKROOM Enlarger Krokus 35 SL, drawer for colour or multi-grade B&W filters, 35mm glassless negative carrier, lens, dust-er, and stand plus processing. (Rontford) £35 Tel: 07948 818856

Computer Accessories

COMPAQ COMPUTER & Monitor Windows 7, AMD Dual Core Processor, 4gb Ram, 380gb Hard Drive, DVD RW, Microsoft Office Pro 2007, Key-board & Mouse, 19" Flat Screen Monitor £40 Tel: 01245 264988

PALM VX Handheld PDA Hot sync cradle & battery charger via serial port. Leather case, stylus pens, Handbook & CD. Ideal for enthusiasts/collector of vintage electronics £5.00 Tel: 01277 655272

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3 SHELF COMPUTER UNIT Black metal tubes, Black Ash finish to wood. On casters. Size HxWxD = 86x35x50 cm. 3 different models available. £12 Tel: 01277 223377

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3-SHELF UNIT for COMPUTER White tubes and shelves, 3 shelf unit on casters. HxWxD = 92x60x32 cm. BRENTWOOD. £12 Tel: 01277 223377

BT VOYAGER 220 Router Internet router together with Ethernet and USB connections for hard wired use. Broadband setup disk. £10 Tel: 01245 474294

PRINTER CANON IP2700, new boxed £30. BELKINS wifi card new boxed + free laptop with xp internet ready, bargain £25 Tel: 01277 200530

SAT-NAV BINATONE F435 satellite navigation system with case, car charger, windscreen holder and user guide. All in new condition & never used. £30.00 ono Tel: 01245 610330

HP22 COLOUR Ink Cartridge HP22 ink cartridge in unopened sealed pack. £5 Tel: 01277 219639

DESKTOP COMPUTER CPU HEATSINK AND FAN. AKASA NERO AK-267 for Intel LGA775 and LGA1366 and AMD 939, AM2 and AM2+ processors. Low noise 120mm PWM fan. 3 Long U heat pipes for rapid heat transfer. Push pin (intel) or cam-lever (AMD) mounting. In good working order and can deliver. £21 01438 318734

PRINTER INK, GENUINE CANON Genuine Canon ink cartridge. Model CLJ-8 in magenta. It is brand new and unused and in its original sealed packaging. I bought it for my printer but the printer died before I fitted it. Can deliver. £6 01438 318734

DESKTOP COMPUTER RAM, 1GB made by OCZ technology, 240pin, DDR2 SDRAM, HPC (Heat Pipe Conduitt) 1066Hz (PC2 8500), Model OC2ZRP1066ZGK. Can deliver. £8 01438 318734

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NINTENDO WII Band in a Box wireless guitar, drum kit & Beatles Rock Band game. Not boxed, but hardly used in great condition. Ring after 7.30pm. £80.00 ono Tel: 01245 610330

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ROUND Dining Table 4 Chairs. Mahogany Table with 3 solid Ornate Legs on Casters, Diameter 44"/112cm, Height 32"/81cm. Four Heart Shaped Round Backed Chairs, Ornate Front Legs, Plain Back Legs. Overall Height 34"/86cm. The Set is very Sturdy & Solid. Comes from Pet/Smoke free Home. Location Harlow. £80 ono 07860 739977

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CORDESS SCREWDRIVER Black & Decker KC9036KA with charger, case and accessories. Straight or pistol shaped handle. Never used. Ring after 7.00pm. £20.00 Tel: 01245 610330

DIY & Tools

DAMASK QUALITY Lounge Curtains 2 pairs. Quality, Turquoise, Silky, Lined, Lounge Curtains & Ties. Drop 82" to fit 2 polished wood poles and rings length 7ft & 8ft over £500 new £79 ono Tel: 01245 381020 or 07832 057265

CURTAINS 68" wide x 72" long lined. Cream with art deco style pattern, large pulley and coffee coloured tulip print, very attractive, eyelid heading, as new. £40 Tel: 01277 652018

Blinds

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GOLDLINE PRESTO N 35mm camera 35mm camera (non digital) with integrated flash, carry strap, case, original box + instructions. Suit amateur enthusiast for traditional photography. £1 Tel: 01245 474294

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JOHN LEWIS CURTAINS 2 pairs lovely Sanderson Dandelion pattern each curtain 66" wide x 84" long, fully lined, hardly used. Will separate £45 per pair or both pairs £85 Tel: 01277 652018

ROMAN BLIND with matching solid pelmet. Pale blue with boating scene. 53" wide (135cm) x 47" drop (120 cm). Professionally made and fully lined, vgc £40 ono Tel: 01277 652018

ORIGINAL VICTORIAN Antique Curtain Pole, 8ins (20cm) diameter, with finials and rings. £30 Tel: 01277 652018

Dining Furniture

DRESSER + table & 4 chairs. Antique pine dresser, table & 4 chairs solid wood in good condition will separate if required buyer collects. £50 Tel: 01245 268382

STAG DISPLY CABINET perfect unmarked, 2 doors, 2 glass shelves, size 39" H x 32" W x 10 1/2 deep. bargain £60 Tel: 01277 200530

UTILITY SIDEBBOARD 1940's approx. imately 46" wide x 33" high x 19" deep medium coloured, four drawers and two cupboards with shelves. £15 Tel: 01277 652018

WALL UNIT Solid teak, glass cabinet plus drinks cabinet, 4 shelves, 2 drawers and 2 cupboards below. 166cm high, 200cm width, 42cm depth £50.00 Tel: 01245 440308

Dining Furniture

DINING ROOM TABLE & 4 CHAIRS Reproduction medium Yew Dining room table and 4 chairs. In excellent condition. Please call Ray - £140 ono Tel: 01376 320083

Cherrywood

CHERRYWOOD DINING CHAIRS Six solid Cherrywood dining chairs with drop-in seats easily re-covered to suit decor. Hand-made on commission by Charles Matts of Norfolk. £25 each or £120 for all 6. £120 Tel: ITEM SOLD ITEM SOLD

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DAMASK QUALITY Lounge Curtains 2 pairs. Quality, Turquoise, Silky, Lined, Lounge Curtains & Ties. Drop 82" to fit 2 polished wood poles and rings length 7ft & 8ft over £500 new £79 ono Tel: 01245 381020 or 07832 057265

CURTAINS 68" wide x 72" long lined. Cream with art deco style pattern, large pulley and coffee coloured tulip print, very attractive, eyelid heading, as new. £40 Tel: 01277 652018

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Operating centre of
unit 25 shingle hall
sawbridgeworth
cm210lx

Owners or occupiers of land (including buildings) near the
operating centre who believe that their use or enjoyment of that
land would be affected, should make written representation to the
traffic commissioner at hillcrest house, 386 Harehills lane,
Leeds, LS9 6NF, stating their reasons, within 21 days of this
notice. Representations to the applicant at the address given
at the top of this notice. A guide to making representations
is available from the traffic commissioner's office

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**TOWN AND COUNTRY PLANNING ACT 1990
PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990
Planning (Listed Buildings and Conservation Areas) Regulations 1990
Town and Country Planning (Development Plans and Consultation)
Directions 1992**

PUBLIC NOTICE OF APPLICATIONS

The following applications have been received by Harlow District Council.
These applications and others received can be inspected online at
www.harlow.gov.uk or at Harlow Council Planning Services, Civic Centre,
The Water Gardens, Harlow, Essex CM20 1WG on Monday-Friday,
9am-4.45pm. If you are unable to view the plans during these times,
please telephone Planning Services on 01279 446856 where a suitable
appointment can be made with the relevant case officer.

Anyone who wishes to make representations about these applications
should write to the Council at the above address within 21 days of the
date of this notice.

Application No HW/FUL/18/00359 **Ward:** Old Harlow
Application Type Full Application
Location Gilden Way, Harlow, Essex
Proposal Residential development comprising the erection
of 593 dwellings with associated access roads,
play areas, open space, landscaping and drainage
infrastructure as part of the wider development
of land north of Gilden Way, replacing approved
development of 449 dwellings.

Reason for Advert Major Development

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Owners or occupiers of
land (including buildings)
near the operating centre(s)
who believe that their use or
enjoyment of that land would
be affected, should make
written representations to the
Traffic Commissioner at Hill
Crest House, 386 Harehills
Lane, Leeds, LS9 6NF stating
their reasons, within 21 days of
this notice. Representors must
at the same time send a copy
of their representations to the
applicant at the address given
at the top of this notice. A guide
to making representations
is available from the Traffic
Commissioner's Office.

North Essex Parking Partnership (Parndon Wood Road Harlow, Essex) (Introduction of No Waiting/No Loading Restriction) (On Street) Order 2018

Notice is hereby given that on 31 August 2018 Colchester Borough Council acting
on behalf of the North Essex Parking Partnership in exercise of the delegated
powers of the traffic authority Essex County Council granted under an agreement
dated 31 March 2011 and after consultation with the Chief Officer of Police has
made the above Order under sections 1(1), 2 (1) to (3), 4(1), 4(2), 32, 35,45,46,49
and 53 and parts III and IV of schedule 9 of the Road Traffic Regulation Act 1984.

Essex County Council in the Harlow District of (Parndon Wood Road Harlow, Essex)
(Introduction of No Waiting/Loading restriction) (On Street) Order 2018

The effect of this Order will be to:

a) Introduce no waiting at any time/no loading at any time to the area of the road
shown on the plan and specified in the schedules to this Order.

A copy of the sealed Order and associated schedule is available for inspection
at Harlow District Council Civic Centre Watergardens Harlow CM20 1WG and
Chelmsford County Library, Market Road, Chelmsford, CM1 1LH during normal
office hours. Copies can be acquired on payment at photocopying charges.

The Order comes into force on 01 October 2018, but if any person wishing to
question the validity of the Order or any of its provisions on the grounds that it
they are not within the powers conferred by the Act, or that a requirement of the
Act, or of any instrument made under the Act has not been complied with, that
person may, within 6 weeks from the date on which the Order is made, apply for
the purpose to the High Court.

North Essex Parking Partnership, PO Box 5575, Colchester, CO1 9LT

(B183 (to become the A1025) Gilden Way and Marsh Lane, Sheering/Harlow) (Prohibition of Right Hand Turn) Order 201*

Notice is hereby given that the Essex County Council proposes to make the
above Order under Sections 1(1) and (2), and 2(1) to (3) and Part III of Schedule 9
to the Road Traffic Regulation Act 1984.

Effect of the order: To prohibit vehicles from making a right hand turn on B183
(to become the A1025) Gilden Way and Marsh Lane, Sheering in the District
of Epping Forest and Harlow as follows:

Road	Description
B183 (to become the A1025) Gilden Way, Sheering/Harlow	No person shall cause any vehicle travelling in a south westerly direction to make a right hand turn from B183 (to become the A1025) Gilden Way into Marsh Lane.
Marsh Lane, Sheering/Harlow	No person shall cause any vehicle to make a right hand turn from Marsh Lane into B183 (to become the A1025) Gilden Way.

Further details: A copy of the draft Order, a copy of this notice, a map illustrating
the proposal and a Statement of Reasons may be examined at all reasonable hours
at Network Assurance, A2 Annexe Seax House, Victoria Road South, Chelmsford;
Harlow District Council, Civic Centre, The Water Gardens, Harlow and at Harlow
Library, The High, Harlow. These documents can also be viewed on the Essex
Highways website: <http://www.essexhighways.org/Transport-and-Roads/Highway-Schemes-and-Developments/Traffic-Regulation-Orders.aspx>

Objections: Anyone who wishes to object to the proposed waiting restriction Order
should send the grounds for their objection in writing to TRO Comments, Network
Assurance, A2 Annexe, Seax House, Victoria Road South, Chelmsford, Essex,
CM1 1QH or e-mail to TrafficRegulation.Order@essexhighways.org quoting
reference TRAF/6761, by 28 September 2018.

Dated: 6 September 2018.

Essex County Council, Network Assurance, A2 Annexe, Seax House, Victoria Road
South, Chelmsford, Essex CM1 1QH
Telephone: 0345 603 7631

Website: www.essex.gov.uk/highways

Essex County Council

(Various Roads, District of Harlow) (Temporary Prohibition of Traffic & Clearway) (No.5) Order 2018

Notice is hereby given that the Essex County Council has made the above Order
under section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order:

- To temporarily close the various lengths of road in the Harlow District as
specified in the schedule to this Order.
- A temporary 'No Stopping' restriction will be introduced on both sides of
carriageway on the above lengths of roads for the duration of the closure to
facilitate the works. Signs will be installed indicating when the No Stopping
restriction will be in force.

"The District of Harlow (On Street) (Waiting, Loading and Parking) (Consolidation)
Order 2011" will be temporarily amended to include the temporary 'No Stopping
at Any Time' restriction and suspend any existing parking and waiting restrictions
on the above lengths of roads only. All other restrictions and exemptions contained
in the aforementioned Order and Amendments to that Order shall remain in force.

The works being undertaken will take place within an 18-month period from
30th August 2018 exact dates will be specified on <http://roadworks.org/>. The roads
will be closed to facilitate each phase and then re-opened to the public. Access will
be maintained for emergency services. Diversion routes will be signed at each
location and residents will be informed of the dates of each phase via letter/leaflet
drop and advanced warning signs on the road.

For all enquiries please contact our Contact Centre on 0345 603 7631.

The Order came into effect on 30th August 2018 and may continue in force for
18 months or until the works have been completed, whichever is the earlier.

Location Description	Extents	Diversion
B181 High Street Roydon	Approximately 60m North of The Granary to junction with Harlow Road a distance of approximately 670m.	B181, A414, Fifth Avenue, Elizabeth Way, Roydon Road, Harlow Road, High Street, A414, Eastwick Road, B181 and vice versa.
Water Lane Roydon Harlow	From Water Lane Roundabout to Epping Road Roundabout a distance of approximately 780m.	Water Lane, Katherines Way, Third Avenue, Flex Meadow, Elizabeth Way, Roydon Road, Parkway, Roydon Road, Harlow Road, Epping Road and vice versa.

(Sheering Mill Lane, Sheering) (Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County Council intends, not less than
seven days from the date of this notice, to make the above Order under section
14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Sheering Mill Lane,
Sheering in the District of Epping, from its junction with Sheering Lower Road to its
junction with Fairway, a distance of approximately 635m. The closure is scheduled
to commence on 17th September 2018 for 54 days, or where stated on a
valid permit (EP201EH10001915 - Essex County Council). The scheduled dates
may vary for these works with appropriate signs showing and/or displayed
on www.roadworks.org. The closure is required for the safety of the public and
workforce while scour protection works are undertaken by Essex County Council.

An alternative route is available via Sheering Lower Road, Station Road, London
Road, Bonks Hill, Brook Road, East Drive, Vantorts Road, Fairway and vice versa.
The Order will come into effect on 13th September 2018 and may continue in force
for 18 months or until the works have been completed, whichever is the earlier.

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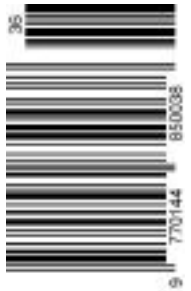
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Happy Hawks move out of the relegation zone

HARLOW Town secured their first win of the season and moved out of the relegation zone with a 3-1 triumph at Leatherhead.

The visiting fans feared the worst when the hosts took the lead with just 13 minutes on the clock, but Harlow hit back when Robbie Martin smashed home from 10 yards out.

Martin turned provider as Lawrence Vaughan scored his first goal for the Hawks with 10 minutes of the half remaining, before Emile Acquah made it three within a minute of the second period.

There was a nervy end in store for the Hawks, but Harlow keeper Josh Bexon capped off an impressive performance with a penalty save to ensure the two-goal cushion was retained.

Hawks came storming out of the blocks with Martin, having worked his way into the starting line-up for the first time this season, whipping in a free-kick in the third minute on for JJ Da Cruz to guide his header over.

The hosts had their own early opportunity to go ahead when Shaun Okojie released a powerful shot that was heading for the top corner, but, with the first of many acrobatic saves, Josh Bexon tipped the ball over the bar.

Leatherhead took the lead on 13 minutes when Robert Cullen rifled the ball home.

But Hawks' response was swift as Martin followed up Nikki Bull's save from Syrus Gordon's shot to score.

With 10 minutes of the first half remaining, a Vaughan strike clattered off a post and into the back of the net to edge the Hawks ahead.

After a half-time pep talk



Robbie Martin (left) netted in the victory against Leatherhead
Photo by Martine Xerri

Harlow had their tails up, and they scored again within a minute of the restart with Acquah starting and finishing off a fine move.

Now it was Leatherhead's turn to pile on the pressure and they had the chance to reduce the

deficit on 59 minutes, when the referee pointed to the spot for a foul in the box. Centre-back Matt Drage, stepped up to take the kick, but Bexon chose the right way and pushed the ball around the post.

With 10 minutes remaining,

the hosts had another great chance to pull a goal back but Okojie somehow managed to slice over from six yards out.

In the third minute of added time, Acquah played Jason Raad in behind the defence, but he couldn't quite get the ball out of

his feet when one-on-one, and the goalkeeper spread himself well to save the effort.

The result lifted Harlow to fourth from bottom, and they go into this Saturday's FA Cup, first round qualifying tie at Hendon full of confidence.

New best for Westley

HARLOW Running Club members were in action at several events over the weekend.

The multi-terrain Bedford Half Marathon saw Martin Westley finish in 80th place out of 1953 finishers in an excellent personal best time of 1hr 28min 59sec.

He was followed by: Paul Schroder 507th in 1:52:01, Laura Prime 568th in 1:54:02, Wendy Schroder 949th in 2:07:30, Alan Chatterton 1246th in 2:18:45 and Liz Roberts 1820th in 2:53:45.

Meanwhile at the Dunstable Downs Half Marathon, Sean Flynn clocked a time of 1:58:28 to come home 30th out of 79 finishers.

At the Queen Elizabeth Olympic Park 10k, Danny McCree finished in 13th place out of 374 finishers in a superb 38:24. Martyn Coulter was 27th in 40:48, Andy Kitson 41st in 42:32, Kerry Mavris 113th and second female Vet 40 in 50:42, Louise Cootes 158th in 54:13 and Karen Kitson 372nd in 1:33:15.

Robert Scott enjoyed the best result of Harlow runners involved in the Takeley 10k, finishing in 23rd place out of 428 finishers in a PB of 45:05.

In the same race, Martin Elven also registered a PB with 47:55 for 55th spot. Pasquale Pellicchia finished 63rd and second Vet 60 in 48:38, Paul Dixon was 64th in 48:40, Janice Page 161st and third female Vet 55 in 54:53, Vanessa Bull 236th in 59:49, Dean Bull 267th in 62:14, Lindsey Pearson 341st in 68:08, Julie Bradley 342nd in 68:21 and Kim Wookey 367th in 70:50.

Closer to home, at the Harlow parkrun, Andy Terrell finished in sixth place out of 215 finishers in 20:57.

Paul Dixon was 19th and third Vet 50 in 23:34, Allison Beeton 23rd and first female in 23:58, Steve Cowlin 24th in 24:05, Catherine Ridge 25th and second female in 24:08, Steve Warren 31st in 24:29, Jim Bates 38th and first Vet 70 in 25:05, Laura Prime 40th and first female Vet 40 in 25:09.

Martin Westley was 41st in 25:11, Bobby Draper 45th in 25:41, Martin Elven 50th in 26:17, Ayshea Pite 52nd and first female Vet 45 in 26:30, Hannah Wenlock 55th in 26:53, Robin Lozeau 61st and first Vet 60 in 27:24, Michael Robey 72nd in 28:09, Alan Chatterton 84th in 29:09, Helen Barnes-Martin 111th in 31:42 (PB), Wendy Schroder 118th in 32:10, Gemma Crozier 127th in 32:52, Marc Witham 152nd in 35:01, Melanie Harris 162nd and first female Vet 60 in 36:10, Sandra Webber 182nd in 39:41, Hossein Erfani 190th and first Vet 65 in 40:52 and Tracie Cook 195th in 44:14.

On the international front, Colin Baker came home sixth out of 65 finishers at the Boston parkrun in Massachusetts. He was first Vet 40 and recorded a PB time of 19:34.

At the Milan parkrun in Italy, David Page finished in 39th place out of 80 finishers and was third Vet 55 in 26:34.

Six for super Suraj

Bowler's haul means Harlow Town consign derby rivals to the drop

By Andrew Franczak

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A TREMENDOUS spell of bowling from Suraj Chauhan, who finished with figures of 6-59, coupled with a solid team performance, secured Harlow Town's place in Division Two of the Shepherd Neame Essex League.

However, by taking 25 points at the expense of local rivals Harlow, their opponents were relegated to Division Three.

The Phoenix Park side have enjoyed a remarkable turnaround of fortunes.

After losing their first seven league games, then have since gone on a run of seven wins in the last 10 fixtures – starting with the first local derby on June 30 at home to Harlow.

That victory kick-started their season, and they again proved to be the better side winning by 56 runs on Saturday.

Skipper Dan Farmer, on winning the toss, elected to bat first knowing that a win would give his

side and a slim chance that, with other results going their way this week and next, could actually see them promoted.

As it stands they now hold third place and even a maximum return of 25 points in the final fixture against South Woodford isn't likely to be enough.

However, a disastrous start to the season has been converted into a minor triumph.

Town's innings saw Ashley Alderson top scoring with 60. Joe Holland (34), Neil Gladwin (19), Pat Yates (35) and Ben Eversden (14), all made solid contributions.

The last wicket felling on the last ball of the 50 overs with the score on 225.

Rehman Ahmed and Luke Monger, with three wickets apiece, were the pick of the Harlow bowlers.

Harlow's reply was always up with the required run rate.

Luke Monger (29) and Harlow skipper Ahmed looked in good form.



Action from Harlow's derby match
Photo by Martine Xerri

But then Ahmed was run out for 29 after backing up at the non-striker's end with Ben Eversden's magnificent attempted caught and bowled seeing the ball deflected onto the stumps.

Despite Ryan Jessey (20), Nicky Baxter (25), Callum Sykes (16) and Waheed Azam (20) all chipping in, no one could make the big score needed as Chauhan's magnificent spell, and Jibran Azam's (3-40) off

3-40 steadily picked off the Harlow batsmen.

This left the hosts 56 runs short as they were dismissed in the 38th over and rooted rock bottom of the table.